

ON YOUR MARK

DEC 2020/JAN 2021

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BACK TO RACING—RIVERWATCH ON THE PIANKATANK 5K

The Peninsula Track Club

If this is the first time you have read *On Your Mark* or if you are a new member, **welcome to our club!** We currently have more than 400 members and serve the Virginia Peninsula and surrounding communities. **Our goal is to promote and encourage long-distance running and educate the public to its benefits.** Founded in 1955, the PTC is the oldest running club in Virginia and is currently involved in over 35 events annually, ranging from 5Ks to ultramarathons. Your membership dues help pay the upkeep of our equipment, the printing of this publication eight times a year, social activities such as our General Membership Meetings and Annual Awards Banquet, and other costs incurred in operating a nonprofit organization. Our running club officers are all volunteers, and we encourage you to get involved. You'll find it a lot of fun and very rewarding.

Welcome again and have a safe and healthy running season!

Officers

All area codes are 757 unless otherwise stated.

President: Steve Peters, 951-3874

1st Vice-president: Christine Schaffner,
898-3258 (Meeting arrangements)

2nd Vice-President: Pam Garrett,
285-6645 (RRCA Liaison, Contracts)

Secretary: Helen Worthington,
(804) 642-5998

Treasurer: Mike Thomas, 872-9380

Newsletter Editor:

Bruce Davis, 989-0072

Membership: Steve Amarillo,
869-8895 (Address changes)

Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221

Social Coordinator:

Maria Peters, 897-7083

Litter-Getter Coordinator:

Amanda Collier, 870-5159

Race Schedule: Rick Platt, 229-7375

Course Measurement:

Pam Garrett, 285-6645

Scott Bartram, 867-8547

Triathlete Information:

Connie Maxwell, 596-4067

Photography: <position open>

Coaching: Robert Trujillo, 927-5004

Christine Schaffner, 898-3258

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

Submit ads and articles to:

Bruce Davis
152 Rustling Oak Ridge
Yorktown, VA 23692
weatherwizard1@juno.com

ADVERTISING RATES FOR 2021

Flyer Insert: \$50 per issue

Full Page: \$50/issue • \$250/6 issues

1/2 Page (7.5 x 5 in): \$35/issue • \$175/6 issues

1/3 Page (5 x 5 in): \$25/issue • \$125/6 issues

1/6 Page (2.5 x 5 in): \$20/issue • \$100/6 issues

Mini (2.5 x 2.5 in): \$10/issue • \$50/6 issues

Contributors

December 2020/January 2021 issue:

Steve Amarillo, Helen Worthington
Bruce Davis, Steve Peters, Mike Thomas
Dale Abrahamson, Judy Townsend
Rick Platt, Mike Campbell

Newsletter Deadline!

To include flyers, articles, ads or news in the **February/March 2021 issue** of *On Your Mark*, (virtual stuffing on *February 18*), email Bruce Davis (weatherwizard1@juno.com) no later than **February 10**.

Club Meetings

General membership meetings are held quarterly on the **third Tuesday** of designated months and **second Tuesday** of **December** for the PTC elections. Find meeting announcements on the PTC website, Facebook and Twitter. Location is the **Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown**. The **Annual Awards Banquet** serves as the January meeting. Board meetings are on the second Tuesday of each month. If you would like to attend or bring an issue before the board, please contact the club secretary to reserve a slot on the agenda.

Membership Dues

Individual: \$20 annually (\$35–2 years, \$50–3 years); Family: \$25 annually (\$45–2 years, \$65–3 years). Membership includes a free PTC T-shirt to new members (available for pick-up at general membership meetings), subscription to *On Your Mark* (10 times annually), and discounts at some local businesses.

Virginia Running Club Contacts

BS	Blacksburg Striders, Blacksburg, VA, www.blacksburgstriders.com
CTC	Charlottesville Track Club, Charlottesville, VA, www.cvilletrackclub.org
CRR	Colonial Road Runners, P.O. Box 657, Williamsburg, VA 23187, (757) 229-7375, www.colonialroadrunners.org
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, VA 22210, (703) 241-0395, www.dcroadrunners.org
FARC	Fredericksburg Area Running Club, www.runfarc.com
OBRC	Outer Banks Running Club, website
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, www.peninsulatracclub.com
RR	Reston Runners, Reston, VA (703) 437-FOOT, www.restonrunners.org
RRCA/Gatorade Hotline	(703) 683-RRCA, www.rrca.org
RRRC	Richmond Road Runners Club, P.O. Box 8724, Richmond, VA 23226, (804) 360-2672, www.rrrc.org
SCS	Star City Striders, Roanoke, VA (540) 966-7866, www.starcitystriders.com
TCRR	Tri-Cities Road Runners, Petersburg, VA, www.tricitiesroadrunners.org
TRRR	Twin Rivers Road Runners, www.twinriversroadrunners.org
TS	Tidewater Striders, (757) 681-0248, www.tidewaterstriders.com
WR	Washington Runners, https://www.facebook.com/DCRunners/



Race Days 2021 Peninsula Track Club Road Racing Schedule

Note: All races are tentative until the actual race flyer is printed.

For complete race schedule information, visit www.peninsulatrackclub.com



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

RACE CANCELLATIONS

Due to the difficulties and ongoing restrictions on gatherings due to COVID-19, the following races have been canceled for 2021:

New Years' Day 5K
Fri., January 1, 2021

Menchville Winter Chill 5K
Sat., January 23, 9:30 a.m.

VIRTUAL RACES

- 1) Register for the virtual race.
- 2) Prior to the **Event Results Deadline**, run and complete the distance on your own course.
- 3) Report your result via email or upload as indicated by the race.

Gloucester Virtual 5K Run/Walk

Results Deadline: Sat., April 10
Gloucester High School, Gloucester, Va.
Mike Jenkins, (804) 824-4146
email: mickj1@cox.net
Helen Worthington, (804) 642-5998
email: rhworthington@cox.net

PTC Virtual Marathon

Results Deadline: Fri., December 31
Sign up anytime in 2021 and all timed PTC races, virtual races and fun runs completed in 2021 will count toward your marathon distance/time.
Bruce Davis, (757) 989-0072
email: weatherwizard1@juno.com

LIVE RACES

FEBRUARY

6 10-Mile Run for the Heart

Sat., February 6, 2021, 9:00 a.m.
(USATF cert. VA12072RT)
York High School, Yorktown, Va.
Hampton Roads Super Grand Prix
John Edwards, (757) 876-8386
email: murmur291@gmail.com



MARCH

13 Fort Eustis 10K Run & Ruck

Sat., March 13, 9:00 a.m.
(USATF cert. VA14007RT)
Anderson Fieldhouse, Ft. Eustis, Va.
Margy Glass, (757) 878-6075
email: margaret.w.glass2.naf@mail.mil
Kellie Jorgensen (757) 878-2097
email: kellie.m.jorgensen.naf@mail.mil
Michael Washington, (757) 878-5556
sports office: (757) 878-0013
www.active.com www.eustismwr.com



APRIL

24-25 Virginia 24 Hour Run

Sat., April 24-25, 7:00 a.m.
(USATF cert. VA12075RT)
Sandy Bottom Nature Park, Hampton Va.
(individuals or teams of 2 to 12)
Tim Scott
email: tjscott100@hotmail.com
<http://va24hourrunforcancer.com>

MAY

1 Tabb High School May Day 5K

Sat., May 1, 8:00 a.m.
Tabb High School, York County, Va.
Wendy Wilson, (757) 867-5306
Lindsay Olson, lolson2@ycsd.york.va.us

8 Joe & Sue Moore Memorial Scholarship 5K

Sat., May 8, 9:00 a.m.
Sandy Bottom Nature Park, Hampton, Va.
Danielle Hundley, (757) 873-6863
email: danimdanim@hotmail.com



15 Fox Hill Community 5K

Sat., May 15, 8:30 a.m.
Langley Elementary, Hampton, Va.
Rich Bowen, email: rfbowen@cox.net
Natalie Bowen, (757) 477-7589

31 Yorktown Freedom Run 8K

Mon., May 31, 8:00 a.m.
(USATF cert. VA16022RT)
York High School, Yorktown, Va.
Hampton Roads Super Grand Prix
Info: Tom Hunter (651) 675-7928
email: tom.d.hunter@gmail.com
<http://yorktownrotaryclub.org>



JUNE

5 Run for the Stage 5K

Sat., June 5, 8:30 a.m.
Matteson Trail, Hampton, Va.
Joy Charbonneau
email: jcharbonneau@hampton.k12.va.us

AUGUST

3 Tom Ray Memorial Predict Your Time 5-Miler (PTC Summer Fun Run Series)

>>> No Watches <<<
Tues., August 3, 6:30 p.m.
Newport News Park Bikeway
Newport News, Va.
Christine Schaffner, (757) 898-3258
Bruce Davis, weatherwizard1@juno.com
<http://peninsulatrackclub.com>

10 Lake Matoaka 4.3-Mile Trail Challenge (PTC Summer Fun Run Series)

Tues., August 10, 6:30 p.m.
Zable Stadium, Williamsburg, Va.
Susan Hagel, (757) 754-4859
Rick Platt, (757) 229-7375
<http://peninsulatrackclub.com>

17 Swamp Bridge 5K (PTC Summer Fun Run Series)

Tues., August 17, 6:30 p.m.
Newport News Park, Picnic area #3
Newport News, Va.
Bruce Davis, (757) 989-0072
email: weatherwizard1@juno.com
<http://peninsulatrackclub.com>



Upcoming Events

DELAYED EVENTS

Please be advised that races and events may be delayed, rescheduled, or canceled due to ongoing **COVID-19** considerations, which include the availability of venues and restrictions on the size of gatherings.

For up-to-date info on club events, check out the PTC website, peninsulatrackclub.com, the PTC Facebook page, and @PeninsulaTrack on Twitter.

FEBRUARY 21

PTC ADOPT-A-HIGHWAY LITTER GETTER

The first *PTC Adopt-a-Highway Litter Getter* of 2021 will be on **Sunday morning, February 21**. **Start time** for the litter pick-up is **8:00 a.m.** **Meet at Yorktown Middle School just off Route 17 on Goosley Road**. Help us clean up our adopted section of highway (**Goosley Road/Route 238** and Old Williamsburg Road near the Yorktown battlefield) and earn **PTC Grand Prix volunteer points**. Litter bags and safety vests will be provided, but **please bring gloves to protect your hands and masks to protect your face**. For info, contact **Amanda Collier** at **870-5159**.



THOUGHTS FROM THE PTC PRESIDENT

So close! So close! Since our last newsletter I honestly thought we were going to successfully execute our remaining 2020 races but, unfortunately, the Raptor Chapter (of the Air Force Sergeants Association) was required to comply with revised Joint Base Langley-Eustis guidance and canceled the *Ugly Sweater 5K* scheduled for December 12. Some runners took advantage of the beautiful weather and ran the course on their own. We did, however, have a great run (pun intended) in November and early December, with a record-setting *Riverwatch on the Piankatank 5K* (Race Director **Karen Schenck** and her Ice-aholics Polar Plunge Team), PTC's *Fast Before the Feast 4K(ish)* and *Virtual 5K* (Race Directors **Jaime Cox** and **Steve Amarillo**), and the Lions Club's *Battlefield 10-Miler* (Race Director **Frank Alcorn**) on December 5, with nearly 200 runners finishing the race. Thanks to all our **PTC volunteers** who helped to put on these races. We could not do this without our awesome volunteers! Thanks especially to **Bruce Davis**, our PTC Race Scorer, who has literally been a one-man operation throughout these races.

Although we've canceled this year's *PTC New Year's Day 5K*, I'm hopeful that in a few months we'll be back to a "normal" race schedule.

Out of an abundance of caution, we've canceled our

PTC Annual Awards Banquet, which was scheduled for January 16, 2021. Look for updates on our plan to present awards to our **2020 PTC Grand Prix** winners and volunteers. PTC Social Coordinator **Maria Peters** is looking at ways to get members together as soon as practical under prevailing COVID restrictions.

I am looking for volunteers to form a **PTC Scholarship Committee** to formalize and standardize our **PTC Scholarship** program. I'm seeking one elected PTC Board member, one "at large" PTC member, and another volunteer (either an appointed PTC board member or other PTC member) to review our scholarship process and make recommendations to standardize it for the 2022 year. If you are interested in helping us, please email me.

PTC Wintervals are going strong, thanks to coach **Robert Trujillo**. Stay tuned to the PTC Facebook page for weather or schedule updates.

Hopefully you've taken the opportunity to order some PTC gear from the "**PTC Store**" provided by **Colonial Sports**. You can find the link on our PTC website. There are both shipping and local pickup options. If you select local pickup, when your order is ready you can pick it up at Colonial Sports retail store, 1303 Jamestown Rd, Suite 111, Williamsburg.

As we hope for a better 2021, in the spirit of **Joe Harney**, please pray for our country, our elected officials, our military, healthcare workers, and first responders. With the COVID-19 immunizations beginning, please pray also that this is indeed a solution to take us beyond this horrible virus. Consider supporting small businesses across our country and local businesses that have been negatively impacted by it so they may recover also. Stay active and healthy and, for the sake of our entire nation, please follow guidance by local and state officials in the practice of social-distancing and mask-

wearing. Thanks again to our amazing race directors for your efforts in putting on live, safe races, and to my fellow PTC board members steering our club through these turbulent times... Happy Hanukkah, Merry Christmas, Happy Holidays, and Happy New Year to all.

Steve Peters
PTC President



Races in Other Places

ROAD TRIP



The following is a non-inclusive list of regional and national races of general interest. For an expanded list, visit www.peninsulatrackclub.com.

NOTE: DUE TO ONGOING COVID-19 RESTRICTIONS, CONSIDER ALL RACE DATES TENTATIVE.

January 1

Resolution Run/Walk 5K

Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

January 9

Striders Distance Series 10-Mile & 6-Mile Runs

Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

January 30

Striders Distance Series 15-Mile & 10-Mile Runs

Ft. Monroe, Hampton, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

February 13

Colonial Half-Marathon & 5K

Williamsburg, Va.
Hampton Roads Super Grand Prix
Half-marathon – 8:30 am, 5K – 8:45 am
Jim Elder, (757) 253-0277
jim@colonialsportscustoms.com
www.colonialhalfmarathon.com

February 13

Love on the Run 5K

Sanctuary Vineyards, 7005 Caratoke Hwy
Jarvisburg, N.C. 27947
www.theobxrunningcompany.com

February 21

Freezer Burn 5K

Mount Trashmore
Virginia Beach, Va.
www.roadrageevents.com/

February 27

Striders Distance Series 20-Mile & 12-Mile Runs

Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

March 5-14

One City Marathon, Half-Marathon, Maritime 8K Virtual Experience & Multi-Race Challenge

Newport News, Va.
www.OneCityMarathon.com

March 6

Jamestown Swamp Run 5K

Jamestown High, Williamsburg, Va.
Colonial Road Runners
Michaelle & John Gaul (757) 869-7530
jhsabcinfo@gmail.com
Rick Platt, (757) 345-1431, (757) 229-7375
email: rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com/JHS

March 6

Rumba on the Lumber 5K

Lumberton, NC
www.robersonroadrunners.com
Info: (910) 671-3869 www.active.com

March 13

Virginia Fire Chiefs 5K

Williamsburg, Va.
Colonial Road Runners
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com

March 19-21

Yuengling Shamrock Marathon, Half-Marathon & 8K

Virginia Beach, Va.
J&A Racing, (757) 412-1056
email: info@shamrockmarathon.com
www.shamrockmarathon.com

March 27

Queens Lake 5K

New Quarter Park, Williamsburg, Va.
Hampton Roads Super Grand Prix
Colonial Road Runners
Paul Pelletier, (757) 253-0625
ppelletier4@gmail.com
Thomas Tate, (757) 870-0429
Thomas.tate21@gmail.com
Rick Platt, (757) 345-1431, (757) 229-7375
rickplatt1@juno.com
www.colonialroadrunners.org
www.runsignup.com

April 3

Victory at Yorktown 10K

Yorktown Waterfront, Yorktown, Va.
**Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event**
Colonial Road Runners
Tom Tragle, (757) 254-6599
Michael Bennett, (757) 342-5338
Michael.bennett@peninsulaymca.org
Rick Platt, (757) 345-1431, (757) 229-7375
email: rickplatt1@juno.com
www.colonialroadrunners.org

April 10

Singletrack Maniac 50K & Cray Cray 10K

Freedom Park, Williamsburg, Va.
Ellen Alexander, ultraellen@gmail.com
www.happycatevents.com
www.ultrasignup.com
Facebook: @STM50K

April 11

Noland Trail 50K & Relay

Mariners' Museum, Newport News, Va.
email: raceteam@flatoutevents.com
Info: (757) 880-8843
www.flatoutevents.com

April 17

Run the D.O.G. Street Challenge 5K

Merchants Square, Williamsburg, Va.
Colonial Road Runners
**Hampton Roads Super Grand Prix
Historic Triangle Triple Crown event**
Jim Elder, (757) 253-0277
info@colonialsportswilliamsburg.com
Rick Platt, (757) 345-1431, (757) 229-7375
email: rickplatt1@juno.com
www.colonialroadrunners.org

April 24

Striders Dismal Swamp 5-Miler

Dismal Swamp Canal Trail
Chesapeake, Va.
Tidewater Striders
www.tidewaterstriders.com
www.runsignup.com

May 22

Elizabeth River Run 10K

Ntelos Pavilion, Portsmouth, Va.
Hampton Roads Super Grand Prix
Tidewater Striders
www.tidewaterstriders.com

Come Run with Us



Many organized training and fun runs are on hiatus due to restrictions on gatherings due to the COVID-19 quarantine. Look for reinstatement of other training sessions and organized fun runs in upcoming issues of *On Your Mark*.

PTC WEDNESDAY INTERVALS

The Wednesday evening *PTC Wintervals* at the *Tabb High School track continue* under the ambient light of the Tabb athletic fields. This is coached interval training for runners of all abilities. Everyone is welcome. Social distancing in accordance within current Covid-19 guidelines will be followed. For info, check out the PTC website, PTC Facebook page, or contact **Coaches Robert Trujillo** or **Christine Schaffner**.

Location: Tabb High School track

Wednesdays – 6:00 p.m.

(check: www.peninsulatrackclub.com)

Info: Robert Trujillo, 927-5004.

email: tree_n_3@msn.com

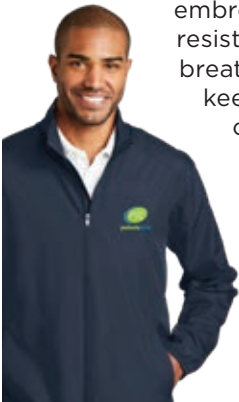
Christine Schaffner, 898-3258

Welcome New Members and Returning Members

Ben Beaver	Calvin Hanrahan
Genevieve Beaver	Arna Majcher
Guy Beaver	Lori Melle
Meredith Beaver	Megghan Smith
Ruth Ann Beaver	Blake Tice
Thomas Buchanan	Winston Trice
Bill Dancy	

PTC Jackets

Look your best on cool race mornings in a new PTC embroidered jacket. Water-resistant soft shell with a breathable mesh liner will keep you dry outside and cool inside. Full-length zipper and zippered pockets. Comes in navy with PTC color logo. To order, visit the PTC store at <https://runsignup.com/Club/Store/VA/NewportNews/PeninsulaTrackClub>



PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

October - November 2020

Checking Account Balance 9/30/2020 \$ 9,310.73

October Revenue

Membership Dues	\$ 505.00
Race Income (Fast before the Feast)	4,492.98
Race Sponsorship (Fast before the Feast)	1,000.00
Transfer from Savings (Scholarship)	3,470.94

Total Income: + \$ 9,468.92

October Operating Expenses

Fast Before the Feast medals	\$ 1,865.96
General Postage	23.50

Total Operating Expenses: – \$ 1,889.46

Net Income Gain/Loss (Checking) \$ 7,579.46

Checking Funds Available 10/31/2020 \$ 16,890.19

November Revenue

Membership Dues	\$ 225.00
Race Income (Fast Before the Feast)	7,800.87
Race Income (Heart 10-Miler)	70.88
Race Sponsorship (Fast Before the Feast)	2,250.00

Total Income: + \$ 10,346.75

November Operating Expenses

Newsletter Printing	\$ 164.98
Newsletter Postage	40.60
Fast Before the Feast Expenses	5,235.72
Race Supplies	66.75
24-Hour Run Expense	1,000.00
Virtual Marathon Expense	173.20
Postage	60.30
Personal Property Tax - Trailer	6.00
Monthly Check Fee	2.00

Total Operating Expenses: – \$ 6,749.55

Net Income Gain/Loss (Checking) \$ 3,597.20

Checking Funds Available 11/30/2020 \$ 20,487.39

24 Hours to Fight Cancer (and COVID-19)

by George Nelsen

The 17th Annual 24-Hour Run for Cancer was another great success, but it almost never happened! It was originally scheduled for April 25–26, 2020, but was postponed to November 7–8 due to COVID-19. It has always been held the last weekend in April at Sandy Bottom Nature Park in Hampton, Virginia, on a 3.75-mile series of flat, dirt trails.

As the new date approached, with the virus still threatening, I expected it to be canceled by the city at any time. But thankfully we got

final approval to go ahead. Unfortunately, by this time due to worries about the virus, over 60 entrants had dropped. Thankfully over 20 new runners signed up, so we ended up with 156 participants, 66 individuals, and 90 on teams of up to 12.

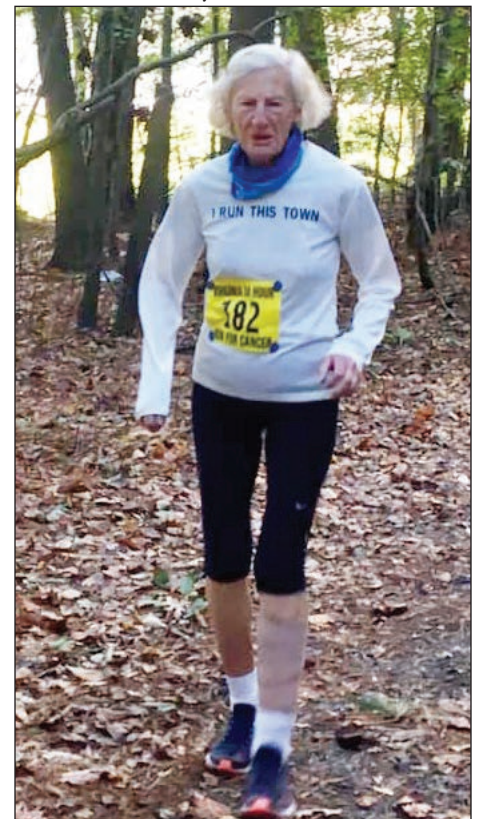
The weather turned out beautiful with fall colors at their peak, offering a great day of running. But compared to April, there were 3 fewer hours of daylight to run in. I expected this to lower everyone's mileage, but it did not have as much impact as I thought.

Eight people ran over 100 miles, 28 did 75 or more miles, and 95 did 50 or more miles. Scott Horton won the men's race with 120.25 miles. After finishing a close second in 2019, he returned and was rewarded with the win. He ran a strong, steady race all day and was never seriously threatened. Not far behind, with finishes over 100 miles were Scott Dean, Tom Sumrak, Alexey Popov, Brian Burk, and Logan St. John. Lisa Jones won the women's race with 106 miles, the most she's ever run. She was in a group of 5–6 women runners all day but pulled ahead in the last couple hours to take the win. Andrea McHugh, Joanna Downer, Ruthie Kreuzer, and Meghan Curley all finished strong closely behind with 89.5 or more miles. Team Run4Life again won the team trophy (942 miles) with Team WingNutz taking second with 655.25 miles. Many teams were understrength due to cancellations but persevered with excellent mileage.

Three new Virginia state records were set: M15–19—D.J. Guthinger, 60.25 miles; F70–74—Virginia Davis, 67.5 miles; and M95–99—Robert White, 8.5 miles (also a National Record). Two course records were set: F5–9—Felicity Burcham, 18.75 miles;



Race Director George Nelsen



Tami Graf completes 22.5 miles as the oldest female competitor.

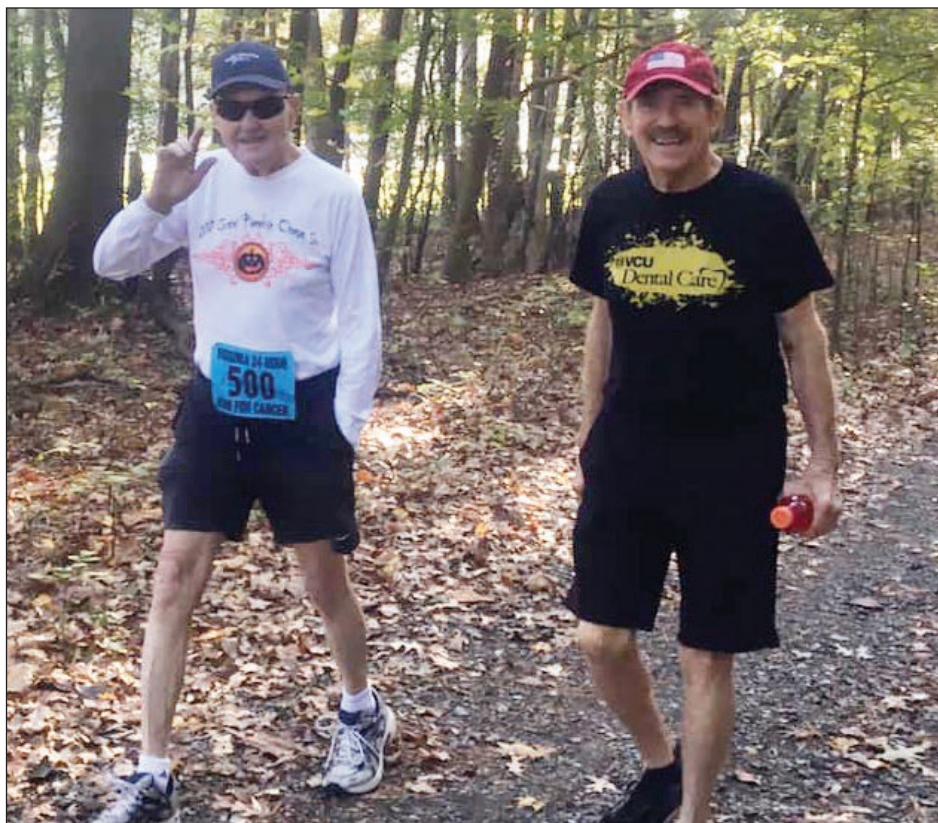
M25–29—Logan St. John, 101.25 miles (70 more miles than he had ever run before)!

Two runners (Seko Francis and Glenn Hrinda) earned their 1,000-mile buckles, and three (Patrick Boyd, Lisa Davis, and Al Van Zandt) earned their 500-mile jackets. The “Best 1st Ultra” award went to Chris Laws with 76 miles.

We have raised over \$18,000 for the American Cancer Society so far with more coming in. I expect it to reach at least \$21,000–\$22,000, excellent given the COVID-19 environment!

And as always, the Sandy Bottom Nature Park rangers did an outstanding job setting up the course, providing logistical support, and having a team of runners on the course with us!

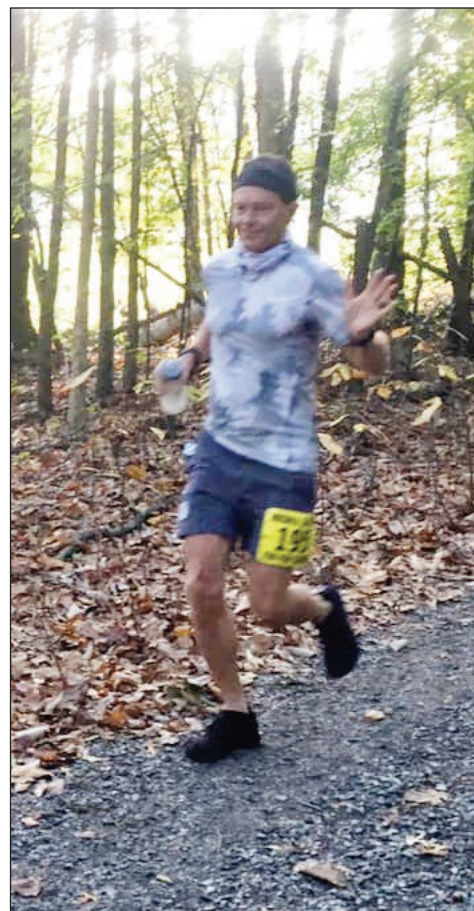
This was my last 24-Hour Run for Cancer as race director. I am stepping down, having moved to Arizona this past summer, but will return each year as a participant. I have handed over the reins to Tim Scott, a longtime participant with great ties to this running community. I know he will do an outstanding job and take the race to new levels of excellence! See you next year.



At the age of 97, Robert White completes 8.5 miles with his son's help.



Ruthie Kreuzer, Andrea McHugh, and Lisa Jones complete another lap. Jones was the overall female winner with a total of 106 miles.



Scott Horton of Fulton, Md. wins as overall male with 120.25 miles.

VIRGINIA 24-HOUR RUN FOR CANCER

Sandy Bottom Nature Park, Hampton, Va.

Saturday, November 7 – Sunday, November 8, 2020, 7:00AM

A PENINSULA TRACK CLUB EVENT

Place	Name	City	State	Age	Gender	Total Miles	Place	Name	City	State	Age	Gender	Total Miles
1	Scott Horton	Fulton	MD	59	M	120.25		Curtis Hoyt	South Mills	NC	49	M	50
2	Scott Dean	Kill Devil Hills	NC	52	M	109		Helena Hunt	Chesapeake	VA	49	F	50
3	Tom Sumrak	Smithfield	VA	59	M	107		Christina Johnsen	Virginia Beach	VA	41	F	50
4	Lisa Jones	Virginia Beach	VA	44	F	106		Paul Krawiec	Providence Forge	VA	59	M	50
5	Alexey Popov	Newport News	VA	37	M	102.25		Kelly Lammert	Newport News	CO	34	F	50
6	Brian Burk	Louisburg	NC	55	M	101.25		Josh Magura	Fredericksburg	VA	39	M	50
	Andrea McHugh	Chesapeake	VA	40	F	101.25		Michael Nicolaides	Norfolk	VA	58	M	50
	Logan St. John	Newport News	VA	26	M	101.25		Patrick O'Shea	Virginia Beach	VA	48	M	50
9	Joanna Downer	Durham	NC	49	F	95.75		Norma Phillips	Williamsburg	VA	60	F	50
10	Ruthie Kreuzer	Yorktown	VA	39	F	92		Catrina Ralston	Suffolk	VA	45	F	50
	Glenn Hrinda	Yorktown	VA	59	M	91		Rick Richter	Virginia Beach	VA	51	M	50
12	Aaron Runzo	Virginia Beach	VA	28	M	91		Tim Scott	Lynchburg	VA	35	M	50
13	Meghan Curley	Annapolis	MD	39	F	89.5		Jennifer St. Martin	Virginia Beach	VA	40	F	50
14	Mike DeLancey	Virginia Beach	VA	58	M	80		Carley Tadlock	Virginia Beach	VA	29	F	50
15	Chris Guerra	Virginia Beach	VA	37	M	78		Toni Tharpe	Gloucester	VA	38	F	50
	Wendy Murray	Southern Shores	NC	46	F	77		Veronica Warwick	Poquoson	VA	34	F	50
17	Tim Clapp	Evans	GA	63	M	78		Adam Wilkie	Yorktown	VA	37	M	50
18	Tom Gerhardt	Chesapeake	VA	69	M	76	96	P.J. Affinito	Hampton	VA	39	M	45
	Maria Peters	Yorktown	VA	55	F	76		C.J. Black	Fredericksburg	VA	49	F	45
	Jennifer Price	Tarboro	NC	37	F	76		Chris Coates	Chesapeake	VA	44	M	45
	Chris Laws	Newport News	VA	45	M	76	99	James Camp	Colonial Beach	VA	37	M	41.25
	Amber Kuszak	Yorktown	VA	36	F	76		Ryan Fenton	Yorktown	VA	28	M	41.25
23	Ellen Alexander	Toano	VA	49	F	75		Larry Lovell	Mechanicsville	VA	77	M	41.25
	Andy Chang	Cary	NC	37	M	75		Susan Snead	Virginia Beach	VA	65	F	41.25
	Jeffrey Fitch	Carrollton	VA	53	M	75		Mike Thomas	Newport News	VA	61	M	41.25
	Christopher Johnson	Poquoson	VA	51	M	75		Alan Van Zandt	Newport News	VA	59	M	41.25
	Christopher Young	Virginia Beach	VA	45	M	75		Colgan Wilson	hampton	VA	39	M	41.25
	Laura Dover	Yorktown	VA	41	F	75	106	Larry Black	Smithfield	VA	45	M	37.5
29	Steve Speirs	Virginia Beach	VA	54	M	71.25		Melissa Carmines	Yorktown	VA	47	F	37.5
30	Michael Horner	Virginia Beach	VA	56	M	70.5		Robert Clinton	Great Mills	MD	38	M	37.5
31	Troy Eisenberger	Virginia Beach	VA	42	M	70.5		Catie Wilson	Rocky Mount	NC	48	F	37.5
	Angie Fitzsimmons	Virginia Beach	VA	42	F	67.5		Jeff Wilson	Rocky Mount	NC	47	M	37.5
	Seko Francis	Virginia Beach	VA	54	M	67.5		Ashton Bliss	Yorktown	VA	21	F	37.5
	Virginia Davis	Norfolk	VA	71	F	67.5	112	Kathryn Barrett	Tall Timbers	MD	44	F	33.75
35	Christelle Douillet	Chapel Hill	NC	52	F	65.75		Cherie McCafferty	Spring Lake	NC	53	F	33.75
36	Lewis Smith	Hampton	VA	54	M	65		Bill Sublett	Fredericksburg	VA	63	M	33.75
	Winston Trice	Hayes	VA	47	M	65		Michele Vecchione	Seaford	VA	38	F	33.75
38	Bobby Buchter	Virginia Beach	VA	35	M	63.75	116	Julia Blakeburn	Virginia Beach	VA	33	F	31.25
	Joshua Fosberg	Virginia Beach	VA	33	M	63.75		Philip Burke	Newport News	VA	59	M	31.25
	David MacLuskie	Yorktown	VA	47	M	63.75		Arthur Mertz	Hampton	VA	49	M	31.25
	Amie Singletery	Newport News	VA	39	F	63.75		John Syarto	Bristow	VA	53	M	31.25
42	Amy Campbell	Greenville	NC	44	F	63.5		Missy Barrow	Farmville	VA	53	F	31.25
43	Lindsay Bliss	Yorktown	VA	42	F	63.25	121	Michael Fitzgerald	Toano	VA	41	M	30
44	Stephanie Hannam	Ayden	NC	37	F	62.5		Edward Nelson	Emerald Isle	NC	70	M	30
45	D.J. Guthinger	Yorktown	VA	18	M	60.25		Jessica Templeton	Newport News	VA	36	F	30
46	Fitzgerald Brown	Charlottesville	VA	26	M	60		John Munday	Chesapeake	VA	80	M	30
	John Burcher	Yorktown	VA	48	M	60	125	Dawn Brand	Toano	VA	45	F	26.25
	Shalisa Davis	Suffolk	VA	51	F	60		Brandon Chu	Yorktown	VA	20	M	26.25
	Caroline Leean	Woodbridge	VA	58	F	60		Trevor Elder	Ladson	SC	42	M	26.25
50	Lori Sherwood	Portsmouth	VA	56	F	58.25		Josh Froneberger	Hampton	VA	42	M	26.25
51	Steven Shapiro	Virginia Beach	VA	66	M	57.25		Korbyn Froneberger	Hampton	VA	14	F	26.25
52	Trenton Gabriel	Virginia Beach	VA	51	M	56.25		Deanna Hill	Newport News	VA	58	F	26.25
	Thomas Green	Columbia	MD	70	M	56.25		Linda Holmes	Hampton	VA	56	F	26.25
	Beverly Grimmett	Norfolk	VA	44	F	56.25		Karen Smith	Yorktown	VA	43	F	26.25
	Ben Leach	Virginia Beach	VA	67	M	56.25		Thomas Sullivan	Newport News	VA	51	M	26.25
	Karen Sanzo	Hampton	VA	44	F	56.25		Deborah Swope	Waynesboro	PA	52	F	26.25
57	Mary Walton	Powhatan	VA	42	F	56		Christine Youtsey	Yorktown	VA	54	F	26.25
58	David Anderson	Williamsburg	VA	51	M	52.5	136	Mary Brown	Hampton	VA	52	F	22.5
	Stine Brenden	Virginia Beach	VA	38	F	52.5		Samantha Burcham	Williamsburg	VA	16	F	22.5
	Stuart Brown	Charlottesville	VA	69	M	52.5		Tami Graf	Lusby	MD	84	F	22.5
	Jonathan Goshea	N Chesterfield	VA	45	M	52.5		Ray Rodriguez	Newport News	VA	43	M	22.5
	Ryan Maitland	Newport News	VA	24	M	52.5		Megan Schulze	Glen Allen	VA	38	F	22.5
	Robin Olsen	Toano	VA	42	F	52.5		Erik Wilson	Hampton	VA	44	F	22.5
	Kim Ratcliffe	Yorktown	VA	53	F	52.5	142	Ryan Booth	Gloucester	VA	33	M	18.75
	Greg Scopel	Cary	NC	53	M	52.5		Felicity Burcham	Williamsburg	VA	8	F	18.75
	Ashley Taylor	Virginia Beach	VA	30	F	52.5		Kathleen Gorman	Sun City	AZ	72	F	18.75
67	Stephen Durr	Virginia Beach	VA	53	M	51		Amy Perdiew	Virginia Beach	VA	44	F	18.75
	George Nelsen	Williams	AZ	65	M	51	146	Dawn Currier	Hampton	VA	46	F	15
69	Jessica Anderson	Williamsburg	VA	39	F	50		Dylan Hagberg	Gloucester	VA	34	M	15
	Darryl Benton	Suffolk	VA	53	M	50		Ed Parks	Virginia Beach	VA	62	M	15
	Roy Blakeburn	Virginia Beach	VA	65	M	50		Courtney Will	Yorktown	VA	27	F	15
	Patrick Boyd	Virginia Beach	VA	54	M	50	150	Mahlon Lawrence	Hampton	VA	53	M	11.25
	Kristina Browning	Chesapeake	VA	39	F	50		Ruben Santellanes	Gloucester Point	VA	38	M	11.25
	Amanda Collier	Yorktown	VA	41	F	50	152	Robert White	Hampton	VA	97	M	8.5
	Jaime Cox	Newport News	VA	42	F	50	153	Amanda Laughhead	Virginia Beach	VA	47	F	7.5
	Robert Davies	Fredericksburg	VA	47	M	50		Becky Riebeling	Newport News	VA	52	F	7.5
	Todd Ellick	Williamsburg	VA	37	M	50		Lara-Lee Thomlinson	Yorktown	VA	41	F	7.5
	Larry Gilchrist	Fredericksburg	VA	50	M	50	156	Jeff Laughhead	Virginia Beach	VA	44	M	3.75

Road Racing is Back at the Riverwatch on the Piankatank 5K

By Rick Platt

ON Saturday, *November 14*, the PTC held their first conventional road race since March 7, the *fourth annual Riverwatch on the Piankatank 5K* at the beautiful Riverwatch neighborhood in Gloucester, overlooking the Piankatank River. The event was designated as a *PTC Grand Prix* race and a *Hampton Roads Super Grand Prix* event, and so the times and results were outstanding.

It started with race winner **Roger Hopper**, 29, of Chesapeake. Hopper was timed in a course record 15:44, breaking the former mark of 16:58 set by **Michael Wegner**, 22, of Columbia, Md. in 2019. Second overall was **Andre Gallant**, 22, of Suffolk, timed in 16:20, and third was **Andy Riley**, 42, of Toano in 17:44, both age group records.

For the women, winner **Jenny Moran** ran 19:14, a course record, breaking the previous 2018 mark of 20:44 by Jamestown High grad **Thorin Jean**, 17, of Williamsburg. Thorin's younger sister, **Cannon Jean**, 15, of Williamsburg, outkicked **Julie Hicks**, 45, of Virginia Beach at the finish to take second place, 21:12 to Hicks' 21:13.

Besides the overall course records, a remarkable *22 age group records were broken* this year, all but two of the men's age records, and all but five of the women's records.

Local runners with age group records included **Lorenzo Short**, 15, of Toano (15–19, 19:07), **Jonathan Torres**, 30, of Newport News (30–34, 18:30), **Steven Kast**, 55, of Yorktown (55–59, 18:21), **Robert Whitaker**, 62, of Yorktown (60–64, 19:33), **Jim Gullo**, 66, of Williamsburg (65–69, 24:00), **Dale Abrahamson**, 71, of Yorktown (70–74, 23:05), **Ron Worthington**, 76, of Bena (75–and-over, 27:18) and **Bob Martin**, 76, of Williamsburg (race walk, 41:06) for the men; and **Lydia Short**, 11, of Toano (14–and-under, 22:27), **Svetlana Goncharova**, 22, of Williamsburg (20–24, 21:53), **Alyson**

Kast, 51, of Yorktown (50–54, 27:28), **Connie Glueck**, 56, of Williamsburg (55–59, 23:54), **Helen Worthington**, 66, of Bena (65–69, 26:22), and **Barbara Biasi**, 73, of Yorktown (70–and-over, 31:02) for the women.

Tidewater Striders president **Thomas Hicks**, 49, of Virginia Beach set a men's 45–49 age group record of 18:00, while pushing his daughter in a stroller

On an age graded basis, as compiled by *PTC statistician Dale Abrahamson*, the top 10 men were **Robert Whitaker** (83.03%), **Roger Hopper** (81.67%), **Steven Kast** (81.59%), **Thomas Hicks** (79.64%), **Andre Gallant** (78.67%), **Paul Pelletier**, 55, of Williamsburg (19:36, 78.33%), **Andy Riley** (77.44%), **Dale Abrahamson** (76.61%), **Jon Leiding**, 58, of Virginia Beach (20:19, 75.47%) and **Sean Killeen**, 55, of Richmond (20:37, 74.37%).

The top 10 women were **Jenny Moran** (79.81%), **Helen Worthington** (75.85%), **Lydia Short** (75.28%), **Julie Hicks** (74.08%), **Connie Glueck** (73.99%), **Cannon Jean** (73.19%), **Barbara Biasi** (71.00%), **Patricia Travis**, 69, of Williamsburg (30:03, 69.27%), **Tammi Clarke**, 59, of Norfolk (26:34, 68.95%) and **Virginia Davis**, 71, of Norfolk (31:12, 68.59%).



Runners take off at the start of the fourth annual Riverwatch on the Piankatank 5K in Gloucester. Per COVID-19 guidelines, masks were worn at the start and were removed just as the race started.

Photo courtesy of Mike Campbell

RIVERWATCH ON THE PIANKATANK 5K

Riverwatch Neighborhood, Gloucester, Va.

Saturday, November 14, 2020, 2:00 PM

A HAMPTON ROADS SUPER GRAND PRIX AND PENINSULA TRACK CLUB GRAND PRIX EVENT

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN:10 AND UNDER						WOMEN:60 - 64					
1	1	ROGER HOPPER	29	CHS	15:44	1	55	OLIVIA KILLEEN	10	RIC	27:28	1	67	SHIRLEY STEPHENS	64	WBG	29:52*
2	2	ANDRE GALLANT	22	SUF	16:20	2	68	WILLOW MORAN	10	VAB	30:00	2	90	PAMELA O'BERRY	60	VA	42:19
3	3	ANDY RILEY	42	TNO	17:44	WOMEN:11 - 14						WOMEN:65 - 69					
TOP OVERALL WOMEN						1	25	LYDIA SHORT	11	TNO	22:27	1	48	HELEN WORTHINGTON	66	BEN	26:22*
1	9	JENNY MORAN	42	VAB	19:14	WOMEN:15 - 19						2	70	PATRICIA TRAVIS	69	WBG	30:03*
2	18	CANNON JEAN	15	WBG	21:12	1	42	BROOKE SWARRINGIM	15	LXA	25:13	3	77	MARTHA GULLO	67	WBG	31:53*
3	19	JULIE HICKS	45	VAB	21:13	WOMEN:20 - 24						WOMEN:70 AND OVER					
MEN:10 AND UNDER						1	22	SVETLANA GONCHAROVA	23	WBG	21:53	1	73	BARBARA BIASI	73	YKT	31:02*
1	21	MYLES FORD	10	YKT	21:46	WOMEN:25 - 29						2	75	VIRGINIA DAVIS	71	NOR	31:12
2	71	BRYTON LEE	8	QTN	30:53*	WOMEN:30 - 34						3	88	BRENDA C MITCHELL	70	WBG	40:25*
MEN:11 - 14						NONE						WALK - MEN:					
1	33	COLE MORAN	11	VAB	24:14	WOMEN:35 - 39						1	89	BOB MARTIN	76	WBG	41:06
2	49	BRAXTON LEE	11	QTN	26:26*	1	24	KIM NOVITSKE	35	HAY	22:24	2	95	BOB CURTIN JR.	67	HPT	44:11*
3	74	MAGNUS CHILES	14	VAB	31:03	2	65	MARYANNE LEE	38	QTN	29:19*	3	98	DOYLE GAGE	65	WBG	45:01
MEN:15 - 19						3	79	NIKKI MICHELL	35	PA	33:14	4	104	DAVID O'NEIL	50	GLC	55:59
1	8	LORENZO SHORT	15	TNO	19:07	WOMEN:40 - 44						5	106	RICK DI GIORGIO	63	VA	1:01:30
272	JARED MORRISON	19	PQN	30:59	1	39	DAPHNE PAPAETHIMIOU	44	TNO	24:44	WALK - WOMEN:						
MEN:20 - 24						WOMEN:45 - 49						1	86	MARIE PRICE	52	CHS	37:43
151	ETHAN HARTLEY	22	PQN	26:55	1	34	SUSAN HAGEL	47	NOR	24:20*	2	87	CHRISTIE IRELAND	49	VAB	38:19	
MEN:25 - 29						2	62	KRISTI CHILES	49	VAB	28:39	3	91	KAREN SCHENCK	66	ARK	42:51*
NONE						WOMEN:50 - 54						4	92	NANCY ATLEE	68	GLC	42:51*
MEN:30 - 34						1	56	ALYSON KAST	51	YKT	27:28*	5	93	KAREN TRAHAN	54	NNW	43:26
17	JONATHAN TORRES	30	NNW	18:30	2	66	CRIZTINA JEAN	52	WBG	29:45	6	94	VICTORIA ESTES	56	NOR	43:38	
231	FRANK NIXON	34	CHS	23:57	3	80	TERESA MARKLEY	52	NNW	33:49	7	96	DEBRA GAGE	66	WBG	45:00	
MEN:35 - 39						4	84	LANA GODOY	53	WBG	35:56	8	97	BUNNY MAY	69	NOR	45:01
112	ZACHARY NOVITSKE	36	HAY	19:35	WOMEN:55 - 59						9	100	PALMA FALACCO	44	YKT	49:35	
257	DANIEL WENNER	35	GLC	27:34	1	30	CONNIE GLUECK	56	WBG	23:54*	10	101	EMILY FALACCO CURTIS	10	YKT	49:36	
MEN:40 - 44						2	50	TAMMI CLARKE	59	NOR	26:34	11	102	CRYSTAL BRIGHT	50	WBG	54:52
120	COREY BLACKBURN	43	YKT	21:35	3	52	MARIA PETERS	55	YKT	27:00*	12	103	AMY O'NEIL	52	GLC	55:58	
269	BENJAMIN MORAN	43	VAB	30:00	4	64	PATTY COOGAN	59	NOR	29:17	13	105	LISA DI GIORGIO	61	VA	1:01:29	
MEN:45 - 49						5	78	LORI A SHERWOOD	56	PRT	32:37*	* denotes PTC member					
1	4	THOMAS HICKS	49	VAB	18:00	6	85	NANCY AYLER-MILBY	56	WOD	36:12*						
2	6	GREG LYNN	46	HAY	18:24												
3	10	ANDREA BUOSO	46	NOR	19:23												
4	15	STEVEN SHORT	46	TNO	20:27												
5	17	PAUL SCRIBBINS	48	GLC	20:45												
6	23	WINSTON TRICE	47	HAY	22:12*												
MEN:50 - 54																	
1	36	JOHN ACCARDI	51	WBG	24:31												
2	38	MATTHEW ZENTZ	52	PRT	24:38												
3	41	MARK SWARRINGIM	53	LXA	25:04												
4	58	SHAWN TRAHAN	54	NNW	27:43												
5	60	PAUL CLARK	52	HPT	27:56												
6	83	BRIAN CHILES	51	VAB	34:51												
MEN:55 - 59																	
1	5	STEVEN KAST	55	YKT	18:21*												
2	13	PAUL PELLETIER	55	WBG	19:36*												
3	14	JON LEIDING	58	VAB	20:19												
4	16	SEAN KILLEEN	55	RIC	20:37												
5	27	BOB BRUNNER	59	VAB	23:08												
6	40	ROBERT JEAN	56	WBG	24:48												
7	44	JOE BUCK	55	CHS	25:36												
8	63	STEVEN PETERS	56	YKT	28:53*												
9	82	JOHN MARKLEY	55	NNW	34:45												
MEN:60 - 64																	
1	11	ROBERT WHITAKER	62	YKT	19:33*												
2	28	BILL PRICE	61	CHS	23:40												
3	29	TONY HEIMER	63	CHS	23:48												
4	35	DAVID MILBY	60	SAL	24:30*												
5	99	NORMAN LEHNER	61	HPT	46:02*												
MEN:65 - 69																	
1	32	JAMES GULLO	66	WBG	24:00*												
2	43	JESS BROWN	65	NOR	25:18												
3	47	THOMAS MCANULTY	67	NOR	26:20												
4	76	GEORGE DEVER	67	NNW	31:27*												
MEN:70 AND OVER																	
1	26	DALE ABRAHAMSON	71	YKT	23:05*												
2	37	JOHN DICARLO	71	VAB	24:33												
3	45	RICK PLATT	70	WBG	25:46*												
4	46	JIMMY C BLOUNT	70	WBG	25:58*												
5	53	JOSEPH L VERDIRAME	71	SUF	27:11*												
6	54	RON WORTHINGTON	76	BEN	27:18*												
7	61	RANDY HAWTHORNE	75	WBG	28:20*												
8	81	WILLIAM CHADIM	73	MID	34:07												

COURSE RECORDS							
Age Group	Name	Time	Year	Age	City	State	
Male Record	Roger Hopper	15:44	2020	29	Chesapeake	VA**	
Female Record	Jenny Moran	19:14	2020	42	Virginia Beach	VA**	
M 9 & under	Braxton Lee	29:19	2019	9	Gloucester	VA	
M 10 - 14	Isaac Lamprecht	20:43	2017	10	New Kent	VA	
M 15 - 19	Lorenzo Short	19:07	2020	15	Toano	VA**	
M 20 - 24	Andre Gallant	16:20	2020	22	Suffolk	VA**	
M 25 - 29	Roger Hopper	15:44	2020	29	Chesapeake	VA**	
M 30 - 34	Jonathan Torres	18:30	2020	30	Newport News	VA**	
M 35 - 39	Zachary Novitske	19:35	2020	36	Hayes	VA**	
M 40 - 44	Andy Riley	17:44	2020	42	Toano	VA**	
M 45 - 49	Thomas Hicks	18:00	2020	49	Virginia Beach	VA**	
M 50 - 54	Wayne Parfitt	18:27	2018	52	Newport News	VA	
M 55 - 59	Steven Kast	18:21	2020	55	Yorktown	VA**	
M 60 - 64	Robert Whitaker	19:33	2020	62	Yorktown	VA**	
M 65 - 69	James Gullo	24:00	2020	66	Williamsburg	VA**	
M 70 - 74	Dale Abrahamson	23:05	2020	71	Yorktown	VA**	
M 75+	Ron Worthington	27:18	2020	76	Bena	VA**	
F 9 & under	Lydia Decker	34:06	2017	6	Williamsburg	VA	
F 10 - 14	Lydia Short	22:27	2020	11	Toano	VA**	
F 15 - 19	Thorin Jean	20:44	2018	17	Williamsburg	VA	
F 20 - 24	Svetlana Goncharova	21:53	2020	22	Williamsburg	VA**	
F 25 - 29	Meaghan Brennan	27:54	2020	29	Hampton	VA**	
F 30 - 34	Beth Luechauer	24:16	2018	34	Gloucester	VA	
F 35 - 39	Kim Decker	21:52	2017	35	Williamsburg	VA	
F 40 - 44	Jenny Moran	19:14	2020	42	Virginia Beach	VA**	
F 45 - 49	Julie Hicks	21:13	2020	45	Virginia Beach	VA**	
F 50 - 54	Alyson Kast	27:28	2020	51	Yorktown	VA**	
F 55 - 59	Connie Glueck	23:54	2020	56	Williamsburg	VA**	
F 60 - 64	Helen Worthington	25:50	2018	63	Bena	VA	
F 65 - 69	Helen Worthington	26:22	2020	66	Bena	VA**	
F 70+	Barbara Biasi	31:02	2020	73	Yorktown	VA**	

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M 60 - 64	Robert Whitaker	19:33	2020	62	Yorktown	VA**
M 65 - 69	James Gullo	24:00	2020	66	Williamsburg	VA**
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F 50 - 54	Alyson Kast	27:28	2020	51	Yorktown	VA**
F 55 - 59	Connie Glueck	23:54	2020	56	Williamsburg	VA**
F 60 - 64	Helen Worthington	25:50	2018	63	Bena	VA
F 65 - 69	Helen Worthington	26:22	2020	66	Bena	VA**
F 70+	Barbara Biasi	31:02	2020	73	Yorktown	VA**

FAST BEFORE THE FEAST NOT-QUITE 3.5K LIVE & 5K VIRTUAL RUNS

Benefiting the Food Bank of the Virginia Peninsula

Mariners' Museum Park, Newport News, VA

A PENINSULA TRACK CLUB EVENT

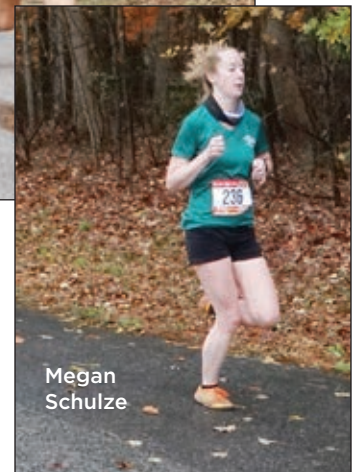
LIVE 3.5K - 8:30AM

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						WOMEN:20 - 24					
1	1	BRIAN CLAPP	32	SMF	12:04*	1	16	ALEXIS HASKIELL	20	YKT	17:51
2	3	DANIEL MINGIONE	55	CHS	15:07	2	30	JANET FONTENOT	21	HPT	19:12
3	5	BRAD GREEN	43	NNW	15:21	3	32	ELAINA KLUGE	21	HPT	19:12
TOP OVERALL WOMEN						4	55	JACQUELYN READ	20	CHS	22:52
1	2	MEGAN SCHULZE	38	GNA	14:18*	5	60	AMANDA LONCAR	23	YKT	23:11
2	4	KARLEY HASKIELL	16	YKT	15:17	6	90	COLEY SMITH	23	CHS	33:54
3	7	SKYLAR HASKIELL	18	YKT	15:49	WOMEN:25 - 29					
MEN:11 AND UNDER						1	73	SERENA PLAZA	25	NNW	26:45
1	21	BRAXTON LEE	11	QTN	18:32*	WOMEN:30 - 34					
2	41	JAKE LAROCHE	10	HPT	20:21	1	70	ELYSE EMERICH	30	NNW	26:17
3	42	BRYTON LEE	8	QTN	20:39*	2	86	ALLISON MORGAN	34	PQN	32:52
4	56	BOSTON LEE	5	GLC	23:08	3	93	JASMINE PETTAWAY	31	HPT	42:38
MEN:12 - 15						WOMEN:35 - 39					
1	14	BRADY LAROCHE	15	HPT	17:38	1	57	MARYANNE LEE	38	QTN	23:09*
2	24	KELLEN LAROCHE	13	HPT	18:47	2	63	LINDSEY LAROCHE	38	HPT	23:50
3	80	TYLER MADDOCK	12	YKT	30:24	3	65	CASEY LAROCHE	38	HPT	24:04
MEN:16 - 19						4	71	MELISSA LACKORE	36	NNW	26:18
1	11	BLAINE HUTCHENS	17	NNW	17:16	5	75	MELISSA ABREU TOYENS	36	SUF	27:38
2	29	CONNOR CLEARY	17	PQN	19:07	6	84	MELODIA CARRELO	38	SUF	31:33
3	68	LEOPOLDO FIERROS	16	PQN	25:39	7	94	TABITHA ROYCE-GOLAN	37	WBG	42:38
MEN:20 - 24						WOMEN:40 - 44					
1	12	CAMERON ROZZELL	21	YKT	17:27	1	10	MICHELLE HOOPER	41	HPT	17:08
2	13	STEVEN LONCAR	21	YKT	17:30	2	17	NATASHA ROSE	40	NNW	17:53
MEN:25 - 29						3	18	ANNA NEWMAN	42	HPT	17:55
1	6	TOMMY LAWRENCE	28	CHS	15:43	4	26	AMANDA COLLIER	41	YKT	18:52*
MEN:30 - 34						5	38	JESSICA WOLKOWICH	40	SUF	20:15
1	27	FRANK FEELEY	34	HPT	18:52	6	50	ERIN HANCOCK	41	ALX	21:25
MEN:35 - 39						7	53	MEGHAN O'MALLEY	42	SUF	22:07
1	78	JAVIER PAGAN PAGAN	38	SUF	29:24	8	61	SUZANNE MADDOCK	42	YKT	23:19
MEN:40 - 44						9	66	ANITA MASON	44	NC	24:20
1	8	SCOTT JENKINS	41	NNW	16:29*	10	96	CHRISTINE HERDMAN	43	CHS	42:45
MEN:45 - 49						WOMEN:45 - 49					
1	20	DOUGLAS KLUGE	48	FL	18:14	1	25	TANYA KLUGE	47	FL	18:48
2	28	RICHARD PEELING	46	NNW	19:04	2	34	SUZANNE FIERROS	47	PQN	19:51
3	35	KEVIN HUTCHENS	46	NNW	19:53	3	45	SUSAN EURE	49	NC	20:51
4	37	JEFF ELLINGTON	49	NNW	20:05	4	47	KHRISTEL KING	45	NNW	20:59
5	81	ROBERT MADDOCK	49	YKT	30:38	5	52	MEREDITH HUTCHENS	46	NNW	21:57
6	83	EDGAR CARRELO	47	SUF	31:30	6	64	KATIE ELLINGTON	49	NNW	23:57
MEN:50 - 54						7	87	ALLISON KAHANE	45	MD	33:17
1	33	DONALD READ	51	CHS	19:42	8	95	TRICIA SMITH	49	CHS	42:44
2	39	DOUG WOLKOWICH	51	SUF	20:16	WOMEN:50 - 54					
3	72	SAM ROSE	53	NNW	26:22	1	49	XENIA DELEON	53	SUF	21:12
MEN:55 - 59						2	58	KELLY MOSES	53	NNW	23:10
1	15	IRA HAYNIE	56	NNW	17:38	3	76	DEB BARRIGAN	51	HPT	27:42
2	22	DAVE HASKIELL	56	YKT	18:38*	WOMEN:55 - 59					
3	36	ROSS WHITLOCK	59	HPT	20:00	1	19	MICHELLE HASKIELL	55	YKT	18:01*
4	79	ORLANDO PLAZA	56	NNW	30:08	2	48	ALICE FITZPATRICK	58	CHS	21:11
5	92	RICHARD FIERROS	55	PQN	37:51	3	67	NANCY AYLER-MILBY	56	WOD	25:16*
MEN:60 - 64						4	69	LAURA SCOTT	55	PQN	26:01*
1	9	DAVID MILBY	60	SAL	16:31*	WOMEN:60 - 64					
2	40	RICHARD H LAROCHE	63	HPT	20:20	1	62	LUCY MENDEZ	61	NNW	23:37
3	43	DARYL BLOOM	60	NNW	20:43	WOMEN:65 - 69					
MEN:65 - 69						NONE					
1	51	MARK VINYARD	68	HPT	21:47	WOMEN:70 AND OVER					
MEN:70 AND OVER						1	54	JANE ABBOTT	73	HPT	22:41
1	31	JIMMY C BLOUNT	70	WBG	19:12*						
2	85	MICHAEL NICHOLETTI	70	HPT	32:21						
WOMEN:11 AND UNDER											
1	74	GABRIELLA PAGAN	9	SUF	27:35						
WOMEN:12 - 15											
1	44	KATIE MASON	14	NC	20:47						
2	59	PAIGE LAROCHE	13	HPT	23:11						
3	77	JADE PAGAN	14	SUF	29:23						
WOMEN:16 - 19											
1	23	ANN CHAPPEL ELLINGTON	16	NNW	18:40						
2	46	SYDNEY EURE	17	NC	20:52						
3	82	PATRICIA CARRELO	17	SUF	31:25						
4	88	RAINAH HERDMAN	19	CHS	33:51						
5	89	EMMA SMITH	19	CHS	33:53						
6	91	ELIZABETH FIERROS	17	PQN	37:47						

* denotes PTC member



Brian Clapp



Megan Schulze



At 97 years of age, World War II veteran and Peninsula Road Running Hall of Fame member, Robert S. White of Hampton, Va. finishes the Fast before the Feast Live Race on Thanksgiving morning.



LIVE 3.5K - 10:00AM

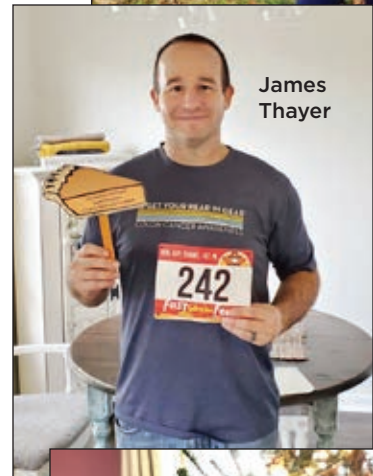
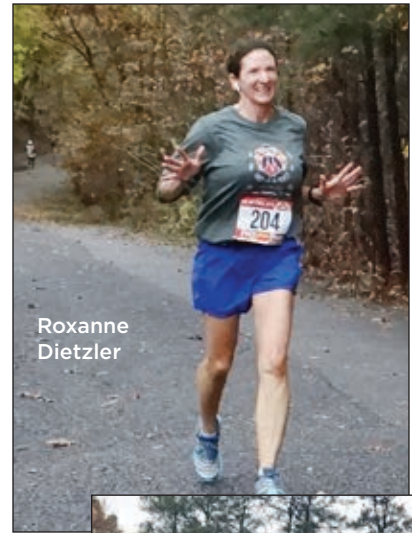
Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	MAX WEIDMAN	23	SEA	12:12*
2	2	STEVEN GENTOSO	32	DC	15:08
3	4	MICHAEL SIBLEY JR	15	NNW	17:19
TOP OVERALL WOMEN					
1	3	ALYSON SEARLES	30	ARL	15:49
2	5	GRACE BOWEN	24	RIC	17:48
3	7	JACQUELINE NEISE	38	NNW	18:13
WOMEN:24 AND UNDER					
NONE					
WOMEN:25 - 29					
1	23	HELEN CURRANT	28	DC	25:19
WOMEN:30 - 34					
1	11	ERIN GEDICKE	31	HAY	19:29*
2	26	JASMINE CARPENTER	33	SMF	27:00
WOMEN:35 - 39					
1	9	REBECCA THAYER	39	HPT	19:08*
WOMEN:40 - 44					
1	17	KIM LOSS	41	PQN	21:29
2	18	REBEKAH SENSENIG	41	YKT	21:52
3	29	JOLEEN SEARLES	42	PQN	28:27
WOMEN:45 - 49					
1	21	KAREN FORDE	49	WBG	24:34
2	27	TAMMY WARTELL	45	NNW	27:20
3	28	NANI NABRITT	49	NNW	28:00
WOMEN:50 - 54					
1	25	ALICE ALLRED	51	WBG	26:19*
WOMEN:55 - 59					
1	19	VALERIE BOWEN	58	HPT	22:38
WOMEN:60 - 64					
1	8	SHARON CURRANT	61	NOR	18:23*
WOMEN:65 AND OVER					
1	20	DEBBIE VREELAND	67	VA	22:48
MEN:11 AND UNDER					
1	10	LUKE SENSENIG	10	YKT	19:27
2	12	NATHAN SENSENIG	8	YKT	19:57
3	15	BENJAMIN SENSENIG	7	YKT	20:48
MEN:12 - 15					
114		SAGE GRAY	13	PQN	20:06
MEN:16 - 34					
NONE					
MEN:35 - 39					
1	16	JAMES THAYER	37	HPT	20:52*
2	22	JEFFERY NEISE	39	NNW	24:42
MEN:40 - 44					
1	24	DAVID SEARLES	41	PQN	25:46
MEN:45 - 54					
NONE					
MEN:55 - 59					
1	30	RORY PORTER	57	YKT	32:14
MEN:60 - 64					
1	6	PAUL CURRANT	60	NOR	17:57*
MEN:65 - 74					
1	13	RICK PLATT	70	WBG	19:59*
MEN:75 AND OVER					
1	31	ROBERT S WHITE	97	HPT	39:46*



VIRTUAL 5K

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	PAUL SCRIBBINS	48	GLC	21:26
2	2	JASON HATCH	37	NNW	22:32
3	3	CHRIS LAFLAMME	39	YKT	24:13
TOP OVERALL WOMEN					
1	4	ALISON TEM	32	NOR	25:15
2	5	SERENA MILLER	33	CHS	26:12
3	6	HELEN WORTHINGTON	66	BEN	27:15*
MEN:11 AND UNDER					
1	20	JAYSON LEFKOWICZ	6	NNW	32:25
MEN:12 - 15					
1	15	JOSHUA KREPPS	13	NNW	30:54
2	26	JACK GORTON	14	NNW	34:41*
3	28	WILL GORTON	12	NNW	34:41*
MEN:16 - 19					
1	7	DAVID TRUMAN	16	SMF	27:30
MEN:20 - 34					
NONE					
MEN:35 - 39					
1	21	ROBERT LEFKOWICZ	38	NNW	32:26
MEN:40 - 44					
NONE					
MEN:45 - 49					
1	29	RANDALL WISE	45	HPT	35:27*
MEN:50 - 54					
NONE					
MEN:55 - 59					
1	11	STEVE PETERS	56	YKT	28:18*
2	41	KEN WACLO	56	GLC	48:51*
MEN:60 - 64					
1	23	SKIP COLE	64	PQN	33:05*
2	24	RONALD HOLCOMB	64	NNW	33:13*
3	35	RICK WEBB	62	YKT	41:00*
4	44	ANTHONY FOY	63	VAB	50:02*
MEN:65 AND OVER					
1	39	BRUCE D DAVIS	67	YKT	42:55*
WOMEN:19 AND UNDER					
NONE					
WOMEN:20 - 24					
1	27	MAYA GORTON	20	NNW	34:41*
WOMEN:25 - 29					
NONE					
WOMEN:30 - 34					
1	9	EMMA HATCH	33	NNW	27:32
2	17	MINDY CRAIG	30	HPT	31:21
WOMEN:35 - 39					
1	10	MARY HALL	39	GLC	27:34
2	12	ASHLEY GLENZ	35	CA	28:45
3	19	JENNIFER PARKER	37	HPT	32:20
4	32	MELISSA SCAPARO	38	IN	38:47
5	46	CRYSTAL THOMPSON	35	ALX	53:21
WOMEN:40 - 44					
1	14	STEPHANIE EITZEN	42	YKT	29:09*
2	16	HELEN LYNERD	40	VA	31:09
3	22	MAGEN LEFKOWICZ	40	NNW	32:30
WOMEN:45 - 49					
1	25	MARIA RAMIREZ GORTON	49	NNW	34:41*
2	34	KRYSTAL BARRETT	46	GA	40:58
3	36	TAMARA KREPPS	47	NNW	41:19
4	37	ANDREA SINGLETON	47	VAB	41:53
5	47	LEONIE ROHLFS	46	NNW	55:51
WOMEN:50 - 54					
1	30	SARAH GOLIGHTLY	52	VA	35:39
2	40	LORI PALAGYI	53	SUF	46:57*
WOMEN:55 - 59					
1	8	MARIA PETERS	55	YKT	27:30*
2	13	VALOR FOY JONES	57	NNW	28:52*
WOMEN:60 - 64					
1	18	KATHY GALLO	64	NNW	32:18*
2	31	JODY O'HARA	60	SEA	37:41
3	33	ANA BOSSMAN	62	YKT	39:45
4	45	GILDA CORTEZ	64	YKT	51:57*
WOMEN:65 - 69					
NONE					
WOMEN:70 AND OVER					
1	38	BETTY ANNE FLYNN	71	GNA	41:56
2	42	MARY STOWE	72	SMF	50:00*
3	43	BARBARA THOMAS	71	SMF	50:01*

*denotes PTC member



YORKTOWN BATTLEFIELD 10-MILE RUN

Yorktown Battlefield, Yorktown, Va.

Saturday, December 5, 2020, 10:00 AM

A HAMPTON ROADS SUPER GRAND PRIX AND PENINSULA TRACK CLUB GRAND PRIX EVENT

USATF cert. VA12072RT (10-Miler)

Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time	Place	OALL	Name	Age	City	Time
TOP OVERALL MEN						MEN:30 - 34						MEN:45 - 49 (continued)					
1	1	ROGER HOPPER	29	CHS	53:37	1	11	JOSHUA CARPENTER	32	SMF	1:06:16	9	67	DAVID GLASS	48	WBG	1:26:20
2	2	ANDRE GALLANT	22	SUF	56:56	2	18	JONATHAN TORRES	30	NNW	1:08:29	10	74	JOHN GRAGG	48	PRT	1:27:20
3	3	DANIEL SHEAN	37	VAB	1:01:38	3	31	STEVEN RIGBY	33	WBG	1:13:44	11	93	LANCE REYNOLDS	49	CHT	1:30:38
TOP OVERALL WOMEN						4	54	NICHOLAS KEY	32	HPT	1:22:44	12	196	BRIAN BROWN	46	RIC	2:02:25
1	12	JENNY MORAN	42	VAB	1:06:26	5	55	DAVID BOOTH	33	GLC	1:22:49	MEN:50 - 54					
2	25	EKATERINA AARON	22	NOR	1:10:18	6	65	HOBART KISTLER	30	PRT	1:26:16	1	9	KEITH SCHUMANN	50	WBG	1:05:10
3	27	SOENNA JEAN	18	WBG	1:11:38*	7	79	FRANK NIXON	34	CHS	1:28:55	2	26	DAVID ANDERSON	51	WBG	1:11:22*
TOP MASTERS MEN						MEN:35 - 39						3	40	HOWARD PRICE	52	CHS	1:19:36
1	5	TOBY WORM	47	SMF	1:02:37	1	8	CHRIS NOVAKOSKI	39	CHS	1:04:22*	4	53	LEIF BERNER	51	PRT	1:22:43*
TOP MASTERS WOMEN						2	14	FRANK LEONE	36	NNW	1:07:13*	5	66	GREGG WEBER	54	SUF	1:26:17
1	32	JULIE HICKS	45	VAB	1:14:07	3	24	JOHN STURM	38	ALX	1:09:54	6	78	MATTHEW ZENTZ	53	PRT	1:28:48
MEN:19 AND UNDER						4	52	RYAN SUMMERS	36	DE	1:22:35	7	124	MARTIN FLEMINGS	52	CHS	1:37:38
1	4	EVAN CLARY	19	WBG	1:02:30	5	60	MIKE MUELLER	35	WBG	1:24:50	8	126	DANNY WEATHERLY	51	GLC	1:38:01
2	10	PAUL GLASS	19	WBG	1:05:54	6	63	JEFFREY WOOD	36	NNW	1:25:18	9	146	RICHARD DOWNING	52	NOR	1:43:38
3	20	LORENZO SHORT	15	TNO	1:08:57	7	86	JERRY CHEMPLAVIL	39	SUF	1:29:29	10	168	BRIAN CHILES	51	VAB	1:47:52
4	22	GLENN GLASS	17	WBG	1:09:14	8	193	JOSHUA RODRIGUEZ	40	HPT	2:00:06	11	170	EARL DAVIS	54	PRT	1:48:45
5	166	BRAXTON LEE	11	QTN	1:47:37*	MEN:40 - 44						12	174	CHAD SIMPSON	52	CHS	1:50:17
6	167	MAGNUS CHILES	14	VAB	1:47:47	1	23	DAVID COLBERT	42	WBG	1:09:29	MEN:55 - 59					
MEN:20 - 24						2	68	ROBERT JOHNSON	40	VAB	1:26:36	1	15	PAUL PELLETIER	55	WBG	1:07:27*
1	82	CONNOR HALL	23	HPT	1:29:00	3	89	MARLON JOHNSON	41	NNW	1:29:48	2	16	GREGORY DAWSON	55	WBG	1:07:47*
2	145	CLAY ROSALES	22	ARL	1:43:12	4	163	GARRY HOWDYSHILL	40	NNW	1:47:24	3	47	ALAN VAN ZANDT	59	NNW	1:22:12*
3	185	NICK SILEU	23	GLC	1:55:51	MEN:45 - 49						4	90	ROBERT JEAN	56	WBG	1:29:53*
4	195	LUKE RUTLEDGE	21	VAB	2:01:48	1	6	ANDREW CROOKSTON	48	WBG	1:04:03	5	113	JOE BUCK	55	CHS	1:35:10
MEN:25 - 29						2	7	THOMAS HICKS	49	VAB	1:04:09	6	115	DONALD CUTLER	55	SMF	1:35:14
1	17	AUSTIN HAWES	29	SUF	1:08:05	3	13	GREG LYNN	46	HAY	1:06:29	7	122	DAVE HASKIELL	56	YKT	1:37:06*
2	69	MATTHEW CARLSON	29	VAB	1:26:43	4	19	ANDREA BUOSO	46	NOR	1:08:53	8	123	JOE BIAVA	58	NNW	1:37:19
3	87	BLAKE TICE	28	HPT	1:29:44*	5	34	KEVIN RAFFERTY	49	VAB	1:15:19	9	128	STEVE AMARILLO	58	NNW	1:39:22*
4	164	AUSTIN YOUNG	25	HPT	1:47:35	6	36	WINSTON TRICE	47	HAY	1:17:04*	10	138	IRA HAYNIE	56	NNW	1:42:03
						7	46	AVINASH KELLEY	49	CHS	1:22:05	11	156	DWIGHT W STARKS	59	VAB	1:45:23
						8	61	RENEE LLAVONA	46	VAB	1:25:04	12	172	KENNETH ALLEN	58	CHS	1:49:16

COURSE RECORDS

Age Group	Name	Time	Year	Age	City	State
Male Record	Tommy Holland	51:27	1997	24	Yorktown	VA
Female Record	Claudia Kasen	1:00:57	1996	39	Williamsburg	VA
M 9 & under	<none>					
M 10 - 14	Brian Derr	1:14:14	1999	14	Newport News	VA
M 15 - 19	Muluye Muluneh	57:05	1996	19	Virginia Beach	VA
M 20 - 24	Tommy Holland	51:27	1997	24	Yorktown	VA
M 25 - 29	Tim Covington	51:36	1996	29	Richmond	VA
M 30 - 34	Ryan Carroll	51:58	2012	30	Portsmouth	VA
M 35 - 39	Mark Junkerman	56:35	2001	36	Williamsburg	VA
M 40 - 44	Lanny Doan	52:31	1996	40	Virginia Beach	VA
M 45 - 49	Rick Platt	54:25	1996	46	Williamsburg	VA
M 50 - 54	Steven Chantry	58:42	2009	54	Williamsburg	VA
M 55 - 59	Steven Chantry	1:00:06	2010	55	Williamsburg	VA
M 60 - 64	Steven Chantry	1:06:50	2017	62	Williamsburg	VA
M 65 - 69	Tom Ray	1:08:28	1998	65	Kitty Hawk	NC
M 70 - 74	Tom Ray	1:13:55	2003	70	Kitty Hawk	NC
M 75 - 79	Louis Dwyer	1:33:03	2020	77	Southern Shores	NC*
M 80+	Chris Catoe	1:54:52	2017	83	Virginia Beach	VA
F 9 & under	Sydney Garrett	1:43:23	2010	9	Newport News	VA
F 10 - 14	Erica Rosser	1:19:55	2000	13	Hampton	VA
F 15 - 19	Mary Clifford	1:11:16	1997	17	Virginia Beach	VA
F 20 - 24	Jessica Umentum	1:09:29	2000	23	Fort Eustis	VA
F 25 - 29	Saki Wilson	1:05:02	2019	28	Norfolk	VA
F 30 - 34	Leslie Willis	1:01:21	1997	33	Virginia Beach	VA
F 35 - 39	Claudia Kasen	1:00:57	1996	39	Williamsburg	VA
F 40 - 44	Rachel Wheeler Northup	1:04:40	2017	42	Richmond	VA
F 45 - 49	Leslie Ensle	1:07:04	2005	47	Virginia Beach	VA
F 50 - 54	Leisa Villani	1:04:50	2008	50	Virginia Beach	VA
F 55 - 59	Barbara Mathewson	1:10:32	2004	55	Virginia Beach	VA
F 60 - 64	Rose Crist	1:16:01	2017	62	Lanexa	VA
F 65 - 69	Joey Hallock	1:18:53	2020	67	Virginia Beach	VA*
F 70 - 74	Betty Brothers	1:22:59	2017	70	Virginia Beach	VA
F 75+	Ann Mancagli	2:05:45	2011	75	Williamsburg	VA

* new record in 2020

1	21	ROBERT WHITAKER	62	YKT	1:09:00*
2	43	TIMOTHY WESTFALL	62	NOR	1:21:00*
3	57	TONY HEIMER	63	CHS	1:23:30
4	58	GLENN YOUNG	63	CHS	1:23:31*
5	70	JOHN OLSON	61	YKT	1:26:52*
6	71	BILL PRICE	61	CHS	1:26:56
7	73	DAVID MILBY	60	SAL	1:27:08*
MEN:65 - 69					
1	29	RICHARD GRANT	67	SUF	1:13:29
2	35	JIM DUFFY	68	PQN	1:16:39
3	44	TOM MURPHY	67	VAB	1:21:37
4	51	BOB BECKER	69	MID	1:22:34
5	59	JESS BROWN	65	NOR	1:24:07
6	92	FRANK SCARINGELLO	66	NOR	1:30:08
7	102	JAMES GULLO	66	WBG	1:32:58*
8	129	JOHN PRICE	66	VAB	1:39:40
9	173	ROBERT READ	66	WBG	1:49:39
10	194	GENE BACHMAN	67	VAB	2:00:22
MEN:70 AND OVER					
1	48	DALE ABRAHAMSON	71	YKT	1:22:14*
2	75	JOHN DICARLO	71	VAB	1:27:26
3	81	RICK PLATT	70	WBG	1:28:59*
4	84	JIMMY C BLOUNT	70	WBG	1:29:11*
5	100	JOSEPH L VERDIRAME	71	SUF	1:32:06*
6	106	LOUIS DWYER	77	NNW	1:33:03
7	121	JOE DAY	70	YKT	1:36:28*
8	143	RANDY HAWTHORNE	75	WBG	1:42:50*
9	183	MICHAEL DALY	74	WBG	1:53:40*
10	191	RANDY COOK	72	NOR	1:59:20
11	198	TOM WALSH	77	NOR	2:10:39
12	199	JOHN MUNDAY	80	CHS	2:19:08*
WOMEN:19 AND UNDER					
1	72	CANNON JEAN	16	WBG	1:26:57*
2	98	PETRA CUTLER	16	SMF	1:31:36
3	144	PAIGE ROSALES	16	HPT	1:43:11
WOMEN:20 - 24					
1	49	SVETLANA GONCHAROVA	22	WBG	1:22:14
2	133	NATALIE STOLTZFUS	22	VA	1:40:55
3	165	KATELYN YOUNG	24	HPT	1:47:36
4	186	LYNNSEY BOLDT	23	CHS	1:55:51
5	189	BRIANNA MILLER	21	GLC	1:58:30



Place	OALL	Name	Age	City	Time
WOMEN:25 - 29					
1	28	LINDY HEFFERNAN	27	RIC	1:12:24
2	50	EMILY SEAY	28	NOR	1:22:32
3	109	CAITLIN KIRCHOFF	29	VAB	1:34:18
4	150	MEAGHAN BRENNAN	29	HPT	1:44:17
WOMEN:30 - 34					
1	30	MEAGEN KISTLER	31	PRT	1:13:33
2	131	KRISTEN LONG	33	HAY	1:40:04
3	132	ERIN GEDICKE	31	HAY	1:40:44*
4	147	ASHLEY MORROW	32	SMF	1:43:51
5	178	SAMANTHA MALLORY	34	NNW	1:51:07
6	187	AMANDA GRANT	31	YKT	1:56:39
WOMEN:35 - 39					
1	33	SARAH DOYLE	39	SUF	1:14:12
2	37	MEGAN SCHULZE	38	GLE	1:18:34*
3	39	KAREN GRABOWSKI	36	TNO	1:18:54
4	41	MARCY SINGSON	38	YKT	1:20:33
5	42	STEPHANIE GIAMMITTORI	37	NNW	1:20:43
6	56	ABBY VOSS	36	WBG	1:23:26
7	62	ERIN WOOD	35	NNW	1:25:17
8	76	STACI ROGGE	38	RIC	1:27:45
9	88	BETH BRANT	37	SUF	1:29:44
10	96	JENNIFER NICHOLS	37	WBG	1:31:21
11	103	REGINA ZIMMERMAN	36	WBG	1:32:59
12	108	JESSICA ANDERSON	39	WBG	1:34:09*
13	114	AMY PETERSON	37	YKT	1:35:11
14	125	KATIE DOUGHERTY	38	NOR	1:37:45
15	136	KRISTEN JOHNSON	35	VAB	1:41:49
16	141	ELIZABETH HODGES	36	YKT	1:42:38
17	142	TARYN CROWELL	39	YKT	1:42:38
18	158	TARYN GRAY	38	YKT	1:46:00
19	159	LAUREN WOOLFORD	36	YKT	1:46:21
20	162	MARYANNE LEE	38	QTN	1:47:08*
21	177	KATY PALIS	35	FEU	1:51:02
22	188	AMY GOLDSCHMIEDT	37	MD	1:57:36
23	190	LAURA SCHMITT	37	NNW	1:58:33
24	192	DARMA RODRIGUEZ	38	HPT	2:00:05
WOMEN:40 - 44					
1	83	GENEVIEVE BENNETT	41	WBG	
1:29:11					
2	95	CHERYL JOHNSTON	40	PQN	1:31:08
3	97	DAPHNE PAPAETHIMIOU	44	TNO	1:31:22
4	101	SHARON HYLAND	42	NNW	1:32:54
5	116	STEPHANIE EITZEN	42	YKT	1:35:19*
6	127	AMANDA COLLIER	41	YKT	1:38:30*
7	149	JEREE GRIMES	42	YKT	1:43:59
8	175	SHANNON WALKER	44	HPT	1:50:22
9	184	CHRISTINA JOHNSEN	41	VAB	1:55:38

* denotes PTC member

Place	OALL	Name	Age	City	Time
WOMEN:45 - 49					
1	64	SUSAN HAGEL	47	NOR	1:26:10*
2	77	SHANNON DAVIS	49	CHS	1:27:54
3	80	JENNIFER CORNETTE	49	NOR	1:28:57*
4	85	WENDY RAFFERTY	48	VAB	1:29:14
5	105	TINA LUTHER	45	NNW	1:33:01
6	117	KELLY RUSSO	45	VAB	1:35:30
7	130	JENNIFER JOHNSON	49	PQN	1:40:00
8	137	LESLIE FRANKLIN	49	WBG	1:41:50
9	148	SHELIA JOHNSON	49	CHS	1:43:55
10	152	DAWN ROLPH	45	PQN	1:44:53*
11	153	FERNE ELSASS	47	CHS	1:44:58
12	154	ANGELA FORBES	49	HAY	1:45:02
13	161	CARISSA WORM	45	SMF	1:46:53
14	169	KRISTI CHILES	49	VAB	1:48:01
15	182	KHRYSTEL KING	45	NNW	1:53:14
WOMEN:50 - 54					
1	45	KIRSTEN KELLY	50	VAB	1:21:51
2	94	KAYE GREEN	52	SMF	1:30:57
3	110	MICHELLE CALLAN	53	CHS	1:34:28
4	119	CAROL GRANTZ	54	PRT	1:35:38
5	135	CARLA CLINE	54	NOR	1:41:41
6	140	SUSAN DAVIS	50	VAB	1:42:27
7	157	STACEY CURTIS	52	YKT	1:45:43
8	160	CRIZTINA JEAN	52	WBG	1:46:35*
WOMEN:55 - 59					
1	104	CAROLINE KIGGINS	57	YKT	1:33:01
2	107	MARIA PETERS	55	YKT	1:34:01*
3	111	LINDA LONG	55	CHS	1:34:31
4	112	MICHELLE HASKIELL	55	YKT	1:34:36*
5	118	JEAN TROUTMAN	57	WBG	1:35:35
6	139	KAREN CREECY	56	CHS	1:42:19
7	151	LAURA BIAVA	57	NNW	1:44:30
8	176	LORI A SHERWOOD	56	PRT	1:50:39*
WOMEN:60 - 64					
1	91	NORMA PHILLIPS	60	WBG	1:29:58
2	120	JEAN PHELAN	64	VAB	1:36:14*
3	155	GAIL BIERMANN	62	VAB	1:45:21
4	180	LORI WISNIEWSKI	63	WBG	1:51:41
5	197	CONNIE MCKEON	64	VAB	2:03:55
WOMEN:65 - 69					
1	38	JOEY HALLOCK	67	VAB	1:18:53
2	99	HELEN WORTHINGTON	66	BEN	1:31:36*
3	134	CAROL HANSEN-VESSA	66	RST	1:41:03
4	171	PATRICIA TRAVIS	69	WBG	1:49:04*
5	181	MARTHA GULLO	67	WBG	1:52:06*
WOMEN:70 AND OVER					
1	179	VIRGINIA DAVIS	71	NOR	1:51:39

Team Competition and Records Set at the Yorktown Battlefield 10-Miler

by Rick Platt

Although **Roger Hopper** led the combined *Peninsula Track Club/Colonial Road Runners* team to a decisive win over the *Tidewater Striders* in their age-graded team competition, it was two runners from Virginia Beach—**Joey Hallock** and Striders club president **Thomas Hicks**—who were the most inspirational and impressive at the 27th annual Yorktown Battlefield 10-Miler, a Peninsula Track Club Grand Prix event, a Hampton Roads Super Grand Prix event, and an inter-club age graded team event.

The Yorktown race, with an entry limit of 230 participants and ten separate wave starts due to coronavirus guidelines, started at historic *Surrender Field*, and was entirely on the traffic-free and scenic *Yorktown Battlefield* tour roads, with an out-and-back stretch going towards the Route 17 overpass, followed by the French Encampment loop midway, before returning the same route to finish under the Route 17 underpass, all adjacent to the staging area at York High School with everything held outdoors for safety reasons.

Weather conditions weren't ideal—sunny skies, but windy and cold with temperatures in the low 50s to start, but dropping, and with even stronger winds afterwards—sending everyone home quickly. The course was USATF certified (VA12072RT) and therefore eligible for Virginia state records. The race was sponsored by the York Lions Club, with timing and substantial organizational assistance by the Peninsula Track Club. It was the next-to-last race in the 2020 Hampton Roads Super Grand Prix, a series of 12 PTC, CRR, and Tidewater Striders races (five for both the CRR and Striders and just two for the PTC).

Roger Hopper, 29, of Chesapeake easily won the men's overall title, with a PR time of **53:37**, improving his 10-mile best from last year's winning 54:00. Over three minutes behind was **Andre Gallant**, 22, of Suffolk (56:56), with **Daniel Shean**, 37, of Virginia Beach third in 1:01:38. The men's Masters (ages 40-and-over) winner was **Toby Worm**, 47, of Smithfield (1:02:37).

For the women, *Tidewater Strider* teammates went 1-2—**Jenny Moran**, 42, of Virginia Beach (1:06:26) and **Ekat-erina Aaron**, 22, of Norfolk (1:10:18), with

Sorenn Jean, 18, of Williamsburg third (1:11:38), the Jamestown High grad's first race since August 1 and after completing her fall semester at Virginia Tech. **Julie Hicks**, 45, of Virginia Beach was first female Masters in 1:14:07.

Usually there are two age-graded team competitions held annually between the PTC-CRR and the Striders, but the traditional *Elizabeth River Run 10K* was not held, leaving the Yorktown race as the only team competition for bragging rights among the three major Hampton Roads running clubs in 2020. The combined *PTC-CRR* team, representing in large part the Virginia Peninsula, won over the mainly Southside-based *Tidewater Striders*, with an average score of 75.335% for their top ten, with the Striders averaging 73.696% for their top ten. Most years the margin of victory is about one percentage point (this year was 1.63%).

The top ten for the PTC/CRR were race winner **Roger Hopper** (81.60%), **Robert Whitaker**, 62, of Yorktown (1:09:00, 79.40%), **Paul Pelletier**, 55, of Williamsburg (1:07:27, 76.08%), **Greg Dawson**, 55, of Williamsburg (1:07:47, 75.71%), **Andrew Crookston**, 48, of Williamsburg (1:04:03, 75.38%), **Keith Schumann**, 50, of Williamsburg (1:05:10, 75.35%), **Helen Worthington**, 66, of Bena (1:31:36, 74.38%), **Dale Abrahamson**, 71, of Yorktown (1:22:14, 72.94%), **Greg Lynn**, 46, of Hayes (1:06:29, 71.40%) and **Bob Becker**, 69, of Midlothian (1:22:34, 71.11%).

For the Striders, the top ten were **Richard Grant**, 67, of Suffolk (1:13:29, 78.32%), women's winner **Jenny Moran** (77.37%), Masters champ **Toby Worm** (76.44%), Tidewater Striders president and team captain **Thomas Hicks**, 49, of Virginia Beach (1:04:09, 75.92%), **Jim Duffy**, 68, of Poquoson (1:16:39, 75.82%), third-place **Daniel Shean** (72.04%), women's Masters winner **Julie Hicks** (71.06%), **Tom Murphy**, 67, of Virginia Beach (1:21:37, 70.51%), **Chris Novakoski**, 39, of Chesapeake (1:04:22, 69.78%, a member of all three clubs), and women's runner-up **Ekat-erina Allen** (69.70%).

Strider president **Thomas Hicks** being able to age grade 75.92% is a remarkable story, as he competed in the race pushing

his six-year-old daughter, Amya, weighing 45 pounds, in a push stroller. But his biggest challenge is his multiple sclerosis disease. Hicks emailed, *"I've had MS for 12 years, had two strokes and many seizures because of MS that caused me to lose use of my legs a couple of times, and to learn how to walk again. I have vision only in my right eye, been without vision in my left eye for four years [due to the MS]. The reason I push stroller is that my balance is way off, and I would fall without it."*

Hicks broke the **World Record** in the **100K push stroller division** one week later at an ultra-marathon race. That attempt was originally scheduled for a race in Farmville, but the race was recently canceled, so Hicks was both race director and participant in a last-minute 100K and 50K ultra held on the Dismal Swamp road course in Chesapeake instead. *"First time someone has attempted to do it, so it's a pretty tough feat."* Hicks succeeded with a time of 10 hours, 20 minutes for the 100K in the push stroller division.

Before his MS diagnosis, Hicks was a very accomplished runner. *"I ran in high school, and college only my freshman year, before giving it all up to join the Navy for 24 years. I only ran competitively until I was 19, but had some good PRs."* Those lifetime bests include 1:54 for 800 meters, 4:12 for the mile, 3:50 for 1,500 meters, 8:47 for the 3,000-meter steeplechase, 14:59 for 5K cross country, and 30:55 for 10K.

The highest age grade of the day (**87.62%**) was not in any team competition, rather it came in an outstanding performance by **Joey Hallock**, 67, of Virginia Beach, who obliterated the **Virginia state 10-mile record** for the **women's 65–69 division** with a time of **1:18:53**. The previous state record was 1:29:43 by former PTC president and Virginia Peninsula Road Racing Hall of Famer Barbara Biasi of Yorktown, while the Yorktown Battlefield women's 65–69 race record (1:24:26 by Joan Coven of Toano set in 2006 when the Yorktown course was the same but not USATF certified) was also broken.

Hallock races extremely sparingly, so was a complete unknown to race organizers and was assigned to the tenth and final wave start. In college she swam and played tennis and did her first triathlon on a dare (1983 Sandman Triathlon), *"loved it and contin-*

ued doing triathlons into the late 1990s." She trained with and got inspiration from many of the legendary Tidewater Striders runners during that time, getting down to the 19:30s for 5Ks as a Masters runner, with two 5Ks under 19 minutes. She tried two marathons (Shamrock and Marine Corps), "but they were not for me, sticking to 5Ks and 8Ks because they were quick and gave me time to get a ride in afterward."

But Hallock's attentions were elsewhere. "I really enjoyed triathlons but they took me away from surfing. Training for three sports was demanding with work and school, I was a teacher, guidance counselor and assistant principal [with Virginia Beach public schools]. Surfing and water sports are my first love [including water skiing, wakeboarding and wakeskating]." A friend convinced her to enter the Yorktown Battlefield race for the first time, Saturdays normally being her long bike day. "I've done three races since the mid-1990s, and told Mike Robinson [of Running Etc.] it feels weird because I know no one." She ran the Shamrock 8K in 2019, winning her 65-69 age group in 40:36, ran the 2019 Rock 'n' Roll 5K in 24:30, and ran one 5K in 2020, in 24:16. Currently she swims Monday, Wednesday and Friday, runs Tuesday and Thursday, has morning group 30-35 mile bike rides and longer 50-75 mile bike rides on weekends, occasionally 100-mile "centuries."

Hallock has also had medical challenges, as she describes—she was diagnosed Memorial Day of 2019 with non-Hodgkins lymphoma and lymphoplasmacytic leukemia. This was obviously a gut punch. At the time she had been caring for her husband, Jeff Hallock, who had been diagnosed with Pick's disease in 2013. Her Cancer Care Navigator advised her she needed help and could not continue to fight his fight and her own. So, in the summer of 2019 she underwent eight weeks of radiation in July and August, followed by two surgeries to remove lymph nodes, one in November and the second in December. She also moved her husband into the Memory Care Center in Virginia Beach. Jeff continues to thrive and Joey now continues to run. Her Cancer Care Navigator encourages her to do as much as she can because whatever she has been doing is working.

The other Yorktown Battlefield age group record broken was by **Louis Dwyer**, 77, of Southern Pines, N.C., who ran a time of 1:33:03 and age-graded 70.50%. The third non-team affiliated age grade over the regional-class level of 70% was 76.84% by men's runner-up **Andre Gallant**.

ST. KATERI'S RUN WITH THE SON FOR HAITI VIRTUAL 5K

Running Man Subdivision, Tabb, Va.
Saturday, December 5, 2020
A PTC GRAND PRIX EVENT

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	JOSHUA PIKE	26	NNW	23:18*
2	2	GREG PIKE	56	YKT	23:19*
3	3	PETER COEN	60	PQN	23:21
TOP OVERALL WOMEN					
1	5	JENNY RODRIGUEZ	38	NNW	23:30*
2	8	MILDA DONAHOE	53	YKT	24:13*
3	10	SUSAN HAGEL	47	NOR	26:20*
MEN: 11 AND UNDER					
1		BRAXTON LEE	11	QTN	27:02*
MEN: 12 - 14					
1	9	JACOB RODRIGUEZ	13	NNW	26:06*
MEN: 15 - 19					
1	41	ZACHARY VAILLANCOURT	17	YKT	1:15:00
MEN: 20 - 44					
NONE					
MEN: 45 - 49					
1	23	VINCENT MONTANARO	47	YKT	32:20
2	29	DOUGLAS RICE	48	YKT	36:48
MEN: 50 - 54					
1	4	ROBERT KOWALEWSKI	53	YKT	23:27
2	20	BRENDAN DONAHOE	54	YKT	30:55
3	43	MICHAEL VAILLANCOURT	52	YKT	1:15:00
MEN: 55 - 59					
NONE					
MEN: 60 - 64					
1	21	RICHARD MYER	61	YKT	31:25
2	33	JOE DOUGHERTY	62	NNW	39:18
3	35	RICK WEBB	62	YKT	41:00*
MEN: 65 - 69					
1	6	DAN BAKER	66	NNW	23:50
2	37	BRUCE D DAVIS	67	YKT	41:49*
MEN: 70 AND OVER					
1	7	DALE ABRAHAMSON	71	YKT	24:01*
2	16	RANDY HAWTHORNE	75	WBG	29:01*
3	27	BILL McDONALD	79	PQN	34:10
WOMEN: 11 AND UNDER					
1	30	ABRIANNA RODRIGUEZ	10	NNW	37:30*
WOMEN: 12 - 14					
NONE					
WOMEN: 15 - 19					
1	42	LAUREN VAILLANCOURT	16	YKT	1:15:00
WOMEN: 20 - 24					
1	31	SHANNON REARDON	22	TN	38:03
2	39	DEIONA JONES	22	NNW	1:02:32
WOMEN: 25 - 34					
NONE					
WOMEN: 35 - 39					
1	15	LAUREN SCOTT	35	PQN	27:45
2	26	KRISTIN LOUIS	38	YKT	33:22
3	28	STEPHANIE SPARKMAN	38	YKT	36:29
WOMEN: 40 - 44					
1	17	JENNIFER LITTLE	41	YKT	29:12*
2	36	KAREN ABERNATHY	42	SEA	41:01
WOMEN: 45 - 49					
1	18	BRIANA MESEROLL	45	YKT	29:46*
2	22	LAUREN ROSENBAUM	47	NNW	31:25
WOMEN: 50 - 54					
1	19	JOLANTA KOWALEWSKI	51	YKT	30:19
2	32	KRISTIN REARDON	52	TN	38:05
WOMEN: 55 - 59					
1	11	MARIA PETERS	55	YKT	26:59*
2	14	VALOR FOY JONES	57	NNW	27:40*
WOMEN: 60 - 64					
1	24	KATHY GALLO	64	NNW	32:55*
WOMEN: 65 - 69					
1	13	HELEN WORTHINGTON	66	BEN	27:15*
2	25	DOTTIE HUMPHREYS	68	NNW	33:01*
3	38	CHRISTINE GRAZIANI	68	NJ	54:41
4	40	TERRI WILBRN	69	NC	1:13:39
WOMEN: 70 AND OVER					
1	34	ROBIN JORLETT	77	NNW	39:30*
2	44	MARIANNE DOUGHERTY	70	NNW	1:18:19

* denotes PTC member

RAPTOR CHAPTER UGLY SWEATER 5K VIRTUAL RUN

Newport News Park, Newport News, Va.
Saturday, December 12-20, 2020
A PTC GRAND PRIX EVENT

Place	OALL	Name	Age	City	Time
TOP OVERALL MEN					
1	1	JIM HIGHSMITH	37	NNW	19:22*
2	2	NICHOLAS SCHUFF	23	YKT	19:40
3	3	JARED ORGERON	37	YKT	19:51
TOP OVERALL WOMEN					
1	4	CHARLOTTE LANIER	23	YKT	20:42
2	8	SUSAN HAGEL	47	NOR	24:55*
3	10	MARIA PETERS	55	YKT	26:30*
MEN: 19 AND UNDER					
1	11	BRAXTON LEE	11	QTN	27:31*
2	23	MARCUS CRAWLEY	9	WBG	44:00
3	25	DAKODA BROWN	12	HPT	47:42
4	26	BRYCE BROWN	4	HPT	47:42
MEN: 20 - 24					
NONE					
MEN: 25 - 29					
1	5	DANIEL TEN EYCK	27	NY	21:52
2	9	JONATHAN PARKER	25	NOR	26:26
MEN: 30 - 34					
1	12	MATTHEW CLINARD	30	NNW	28:11
MEN: 35 - 49					
NONE					
MEN: 50 - 54					
1	21	CHRISTOPHER BROWN	51	HPT	37:22
MEN: 55 - 59					
1	16	WILLIAM PALAGYI	55	SUF	31:45*
MEN: 60 - 64					
1	7	DAVID MILBY	60	SAL	24:37*
MEN: 65 - 69					
1	22	BRUCE D DAVIS	67	YKT	43:13*
MEN: 70 AND OVER					
1	6	DALE ABRAHAMSON	71	YKT	23:23*
2	14	RON WORTHINGTON	76	BEN	29:02*
WOMEN: 19 AND UNDER					
1	27	LILLIAN CRAWLEY	8	WBG	1:14:43
WOMEN: 20 - 29					
NONE					
WOMEN: 30 - 34					
1	19	ERIN GEDICKE	31	HAY	33:38*
WOMEN: 35 - 39					
1	17	CHRISTINA BROWN	37	HPT	32:12
WOMEN: 40 - 44					
1	24	SUNNY CRAWLEY	40	WBG	46:49
WOMEN: 45 - 54					
NONE					
WOMEN: 55 - 59					
1	15	VALOR FOY JONES	57	NNW	29:20*
2	20	NANCY AYLER-MILBY	56	WOD	35:53*
WOMEN: 60 - 64					
1	18	KATHY GALLO	64	NNW	33:10*
WOMEN: 65 AND OVER					
1	13	HELEN WORTHINGTON	66	BEN	29:02*

* denotes PTC member



2020 PTC Grand Prix Standings (9 of 9 events completed)

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	98	53	151
Helen Worthington	89	39	128
Maria Peters	75	42	117
Jennifer Little	48	16	64
Erin Gedicke	43	16	59
Amanda Collier	28	28	56
Valor Foy Jones	48	6	54
Dottie Humphreys	35	16	51
Erin Gedicke	33	16	49
Kathy Gallo	39	6	45
Martha Gullo	21	16	37
Barbara Biasi	30	6	36
Karen Schenck	13	13	26
Rachel Novakoski	14	3	17
Nancy Ayler-Milby	14	3	17
Catherine Harden	7	7	14
Susanne Mendola	6	6	12
Brenda Mitchell	8	3	11
Christine Schaffner	7	3	10

MEN (QUALIFIED)

Name	run	vol	total
Braxton Lee	87	16	103
Dale Abrahamson	71	19	90
Randy Hawthorne	45	31	76
Bruce Davis	35	35	70
Rick Platt	44	21	65
Chris Novakoski	41	19	60
James Gullo	24	16	40
Ron Worthington	20	20	40
Will Palagyi	28	6	34
Mike Thomas	12	12	24
Robert S. White	20	3	23
Bob Curtin Jr.	15	6	21
Jimmy Blount	14	6	20
P.J. Mendola	10	10	20
John Edwards	9	9	18
David Anderson	9	9	18
Ronald Kellum	10	6	16
Steve Peters	8	8	16
John Gallo	7	6	13
Rod Manadero	9	3	12
Rich Bowen	6	6	12
Norman Lehner	6	6	12
Peter Navin	5	5	10
Steve Amarillo	4	4	8

GRAND PRIX UPDATE

Race and volunteer points have been tallied through the *Raptor Chapter Ugly Sweater Virtual 5K* on *December 12-20*.

COVID-19

The *2020 PTC Grand Prix Race Schedule* was subject to change due to changing COVID-19 restrictions.

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Jim Highsmith	37	0	37
Alan Van Zandt	35	0	35
Joseph Verdirame	34	0	34
David Milby	24	0	24
Joshua Guthinger	20	0	20
Steven Kast	20	0	20
Frank Leone	20	0	20
Robert Whitaker	20	0	20
Chistopher Laws	19	0	19
D.J. Guthinger	19	0	19
Winston Trice	19	0	19
Paul Pelletier	19	0	19
Skip Cole	16	0	16
Glenn Young	15	0	15
Andrew Osborne	13	0	13
Joshua Pike	13	0	13
Mark Tompkins	12	0	12
Robert Jean	12	0	12
Bill Dancy	10	0	10
Jason Miller	10	0	10
Charles Terrell	10	0	10
Chris Geraghty	10	0	10
Arthur Mertz	10	0	10
Kai Manadero	10	0	10
Danny Young	10	0	10
John Munday	10	0	10
Jacob Rodriguez	10	0	10
Michael Gontesky	9	0	9
Larry Arata	9	0	9
Michael Lingenfelter	9	0	9
Bryton Lee	9	0	9
Gregory Dawson	9	0	9
Timothy Westfall	9	0	9
George Fenigsohn	8	0	8
Christian Holter	8	0	8
Joe Day	8	0	8
Joshua Edwards	8	0	8
Dennis Guthinger	8	0	8
James Deviese	8	0	8
Blake Tice	8	0	8
Jonathan Nonnemacher	7	0	7
Chris Stanley	7	0	7
Andrew Medvec	7	0	7
George Dever	7	0	7
Leif Berner	7	0	7
John Scott	6	0	6
John Olson	6	0	6
Michael Daly	4	0	4
David Haskiell	4	0	4
Edward Rietscha	1	0	1

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Patricia Travis	34	0	34
Canon Jean	22	0	22
Sheila Scotti	21	0	21
Megan Schulze	21	0	21
Alyson Kast	20	0	20
Thea Ganoe	19	0	19
Tara Dress	14	0	14
Jennifer Anderson	13	0	13
Nancy Atlee	13	0	13
Jenny Rodriguez	13	0	13
Sorena Jean	12	0	12
Milda Donahoe	12	0	12
Pauline Ely	10	0	10
Karla Havens	10	0	10
Grace Manadero	10	0	10
Jamie Lawson	10	0	10
Connie Glueck	10	0	10
Shirley Stephens	10	0	10
Robin Jorlett	10	0	10
Briana Meseroll	10	0	10
Abrianna Rodriguez	10	0	10
Raquel Manadero	9	0	9
Maria Ramirez-Gorton	9	0	9
Michelle Grau	9	0	9
Maryanne Lee	9	0	9
Lori Sherwood	9	0	9
Stephanie Eitzen	9	0	9
Jean Phelan	9	0	9
Amie Singletary	8	0	8
Rebecca Thayer	8	0	8
Nina Ullrich	8	0	8
Jennifer Cornette	8	0	8
Katherine Scott	7	0	7
Stephanie Stanley	7	0	7
Michelle Haskiell	7	0	7
Mary Flaherty	4	0	4
Cristina Jean	3	0	3
Dawn Rolph	1	0	1

2020 PTC GRAND PRIX RACE SCHEDULE

Menchville Winter Chill 5K

10-Mile Run for the Heart

Joe & Sue Moore Scholarship 5K

Smart Smiles Virtual 5K

Mulberry Island Virtual Half-Marathon

Riverwatch on the Piankatank 5K

Run with the Son for Haiti Virtual 5K

Yorktown Battlefield 10-Miler

Raptor Chapter Ugly Sweater 5K



The End of the Chute

In the spirit of *Christmastime* this year, I thought I would take a moment and relate a *Dickens tale*—one that I have told before. No, it is not “*A Christmas Carol*.” This is the tale of Charles Dickens and “*The Great International Walking Match*.”

A DICKENS OF A YEAR

During a trip to New York City over Thanksgiving in 2011, I paid a visit to the Morgan Library & Museum to see an exhibit visiting from London, England. Entitled *Dickens at 200*, the exhibit celebrated the 200th birthday of the renowned author Charles Dickens. There, among the glass-enclosed displays holding literary treasures such as the handwritten manuscripts of “*A Christmas Carol*” and original copies “*The Pickwick Papers*,” I came across a very interesting artifact dealing with long-distance foot races. It was a framed one-page article entitled “*The Great International Walking Match*.”

Charles Dickens, you see, was a walker—an almost compulsive walker who logged up to 20 miles a day. His mind was always on the move, and he found solace by walking long distances, which quelled this anxiousness. His journeys on foot also allowed him to observe people in the day-to-day situations of Victorian England, which provided fertile ground for his writing.

Dickens was described as having a distinctive “swinging” gait and would attack hills by increasing his pace upward. One time, Dickens walked from his house in London to his country residence in Gad’s Hill, Kent, 30 miles away. In general, his pace was about one mile every 15 minutes, but for hard workouts, which Dickens referred to as “busters,” he would do five miles at “a pace of four and a half miles an hour.”—(That is a 13:20 race-walking pace for five miles.) And he was doing this on rough roads wearing Victorian era clothing including leather shoes, which up until 1850 often had an absolutely straight last with no distinction between a left and right shoe.

“Pedestrianism” it was called. In those times some thought this walking compulsion was possibly a symptom of mental problems. They thought it could cause lumbago (lower back pain) or other maladies. That’s a reaction still experienced occasionally by today’s runners from the more sedentary segment of the population.

“*The Great International Walking Match*” wasn’t a fictional story. Rather it was a written agreement documenting a foot race between two of Dickens’s associates, Englishman George Dolby and American James Osgood, which is the reason Dickens could bill the race as *International*. This was in 1868, late in Dickens’ life during his second tour of the United States. On this tour, Dickens performed readings of his works almost every other day. It seemed to Dolby and Osgood that the stress of the tour was taking a toll on Dickens’ health, so they concocted the race as a distraction that would entertain the compulsive walker in Dickens. And they were correct.

The course for *The Great International Walking Match* was set up by Dickens. He outlined training regimes the participants should follow. Then, much like a sports reporter, Dickens provided an almost stride-by-stride narrative of the event.

This was no gentleman’s walk. Dickens laid out a particularly difficult 12-mile, out-and-back course. It was February in Boston, and the roads, as described by Osgood, “were covered with snow and sheet and blocks of ice.” At the anointed time, the three men lined up and Dickens called out, “Are you ready?” followed by “One, two, three, GO!” and they were off.

The walk started, as described by Dickens, “in the teeth of an intensely cold and bitter wind, before which the snow flew fast and furious across the road from right to left.” Dickens was not supposed to be a participant; rather, he was to ride in a carriage that followed the walkers containing “creature comforts for the inner man.” Instead, from the start Dickens set out as a rabbit for the two competitors and performed in this capacity for the first half of the event.

As reported by Dickens and later noted in the *Boston Advisor*, the two gentlemen were together through the first half of the course, both reaching the turnaround in 1:23. On the return however, Osgood gained an advantage, finishing in 2:48 (14-minute pace), while Dolby completed the 12 miles seven minutes later in 2:55 (14:35 pace). Dickens acted as event organizer, trainer, race director, pacer, timer, race scorer, and results reporter. It would seem Charles Dickens was definitely one of us.

A Dickens tale seems appropriate after this *Dickens of a year*. The first two issues of *On Your Mark* in 2020 were published

normally; then everything changed. Races went virtual, were rescheduled, or canceled. Health guidelines for road races were in a state of constant flux. It made putting out a newsletter with race scheduling information like nailing Jell-O to the wall.

Despite the scheduling chaos, eight issues of the newsletter were published in 2020—the last six issues being published online. So, in the spirit of the season, I must offer my thanks to all who contributed to *On Your Mark* over this difficult year.

First and foremost, thanks go to my fellow editor, Steve Amarillo, who selects and lays out articles, covers, pictures, and graphics for each issue with an occasional assist with the race schedule. Thanks also to Helen Worthington who proofreads each issue. Photos featured in the newsletter are courtesy of the cameras of yours truly, Thea Ganoë, Peter Navin, and Larry Turner.

A major thank you goes to the contributors to *On Your Mark* with info and articles from Steve Peters, George Nelsen, Rick Platt, Mike Thomas, Dale Abrahamson, Jaime Cox, Rick Webb, Robert Trujillo, Danielle Hundley, and others. Without your content, articles, photos and information, the newsletter would be sparse indeed. So, if you have a story to tell, an experience to share, or even your own hard-won observations of training, running or racing, *On Your Mark* is the place to share them.

Normally each issue of *On Your Mark* culminates with a newsletter stuffing, where flyers are collated and inserted into newsletters, which are then stapled, labeled, and bagged. But with the COVID-19 inspired move to online publishing, there were only two stuffings this year; but I must thank the hosts, both first-timers: Jennifer Little and Michele Grove. The lack of newsletter stuffings is something I think we’ve all missed in 2020.

I’ll leave you with my annual wish – may each and every one of you have a very Merry Christmas, a Happy Chanukah, a Joyous Kwanzaa, and a Fantastic Festivus. And I hope we all return to regular road racing and newsletter stuffings in the New Year. See you in Y2K+21!

Stay safe, everyone. Later...



Bruce Davis
Newsletter Editor



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2021



The **Joe & Sue Moore Memorial PTC Scholarship** is a one-year scholarship offered by the **Peninsula Track Club** to graduating high school seniors accepted to and entering a regionally accredited college or university in a full-time program leading to an associate or baccalaureate degree. To be eligible the student **must** be a member or the dependent of a member of the **Peninsula Track Club** in the year of application **and** for the year of the award.

Scholarships are awarded based upon the scholar-athlete's achievements in high school including the following areas:

- Academics
- Extracurricular Activities
- Running
- Club Participation (Races & Volunteerism)

Achievement in the above activities will be measured by individual athletic accomplishments as well as contributions made and the degree of leadership demonstrated on a track/cross-country team and in other extracurricular activities. The Committee will place some emphasis on accomplishments and leadership activities connected with participation in running and with volunteerism and participation in PTC activities. Weighting of these accomplishments with academics will be determined at the sole discretionary judgment of the **PTC Scholarship Committee**, whose decision will be final. All submitted information will become the property of the **Peninsula Track Club** and may be used or destroyed at the discretion of the Scholarship Committee.

Awards are in an amount of **up to one-thousand five-hundred dollars** (\$1,500.00) dependent on club fundraising and may be used for tuition, books, fees, or assessments. The award will be made payable to the institution to which the applicant will attend.

A recipient is ineligible to receive the award for any successive years.

The completed application form and supplemental documents must be **postmarked by May 24, 2021**.

These documents are:

1. Completed application form (see next page).
2. High school transcript to date of submittal.
3. Two letters of recommendation:
 - One from a track/cross country coach or other athletic coach
 - One from a person of the applicant's choice
4. An essay relating the applicant's running experience to applicant's educational aspirations and his/her outlook for the future.
Length – 500 to 750 words (two to three double-spaced typewritten pages).
5. Any other information the applicant feels is pertinent to the selection process.

All documents are to be assembled by the applicant and mailed under one cover to:

**Peninsula Track Club
Scholarship Committee
P.O. Box 11116
Newport News, VA 23601-9116**

Applicants will be notified by May 31, 2019 regarding the final selection. Requests for application forms, this announcement letter, or inquiries concerning the clarification of the specifications addressed herein should be sent to the Scholarship Committee Chairperson at the address provided.



Joe & Sue Moore Memorial PTC Scholarship Graduating Class of 2021



NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE: _____

HIGH SCHOOL: _____

COLLEGE/UNIVERSITY TO BE
ATTENDED & DATE OF ENTRY: _____

PTC MEMBERSHIP IN NAME OF: _____

CLASS STANDING: _____ OUT OF _____ G.P.A. _____

ON SEPARATE SHEET, PLEASE PROVIDE THE FOLLOWING:

- 1) HIGH SCHOOL TRANSCRIPT TO DATE OF SUBMITTAL.
- 2) TWO LETTERS OF RECOMMENDATION.
 - A) ONE FROM THE TRACK/CROSS COUNTRY COACH OR OTHER ATHLETIC COACH.
 - B) ONE FROM A PERSON OF THE APPLICANT'S CHOICE.
- 3) AN ESSAY RELATING THE APPLICANT'S RUNNING EXPERIENCE TO APPLICANT'S EDUCATIONAL ASPIRATIONS AND HIS/HER OUTLOOK FOR THE FUTURE.
- 4) ANY OTHER INFORMATION THE APPLICANT FEELS IS PERTINENT TO THE SELECTION PROCESS.

APPLICANT'S SIGNATURE: _____

DATE SUBMITTED: _____

FOR SCHOLARSHIP COMMITTEE'S USE ONLY

DATE RECEIVED: _____ FOR YEAR _____

ACTION TAKEN: _____

BY: _____ DATE: _____

VOLUNTEERS NEEDED

FOR RACES: To volunteer to work a race, simply call or email **PTC Volunteer Coordinator Jaime Cox** (see below). Then just show up on race day **one hour** prior to race start. You'll enjoy the volunteer experience, qualify for the **2021 PTC Grand Prix competition**, earn Grand Prix volunteer points, get a race discount pass, and—if available—a race T-shirt.

TO VOLUNTEER FOR A RACE

Call/Text 817-1221 or
volunteerptc12@gmail.com

VOLUNTEERS NEEDED FOR:

Due to Covid-19, all events tentative.

Run for the Heart 10-Miler
February 6

PTC Litter Getter
February 21

Fort Eustis 10K
March 13

Virginia 24-Hour Run
April 24-25

Tabb May Day 5K
May 1

Joe & Sue Moore Scholarship 5K
May 8

Fox Hill Community 5K
May 15

Yorktown Freedom Run
May 31

NEWSLETTER STUFFING

Each month the stuffing of *On Your Mark* is hosted by a loyal PTC member. Stuffings start at 7:00 p.m., last 1-2 hours, and end with a small "pig out."

Next stuffing:
February 18 (no host)

TO HOST A STUFFING: If you would like to **host** a monthly newsletter stuffing, please contact **Bruce Davis** at **989-0072** (stuffing dates are listed below). Due to COVID-19 and a lack of flyers, future stuffings will be virtual with no host. Hopefully we will resume regular normal newsletter stuffings in the near future. **Future stuffing dates** include: **Thursday, March 25** (open) and **Thursday, May 6**.



We offer a variety for all tastes on our menu—appetizers (fresh fried mushrooms and mozzarella sticks we cut ourselves), salads, sandwiches, homemade soups (ask us about the soups that Rick and Abraham make), seafood (lightly breaded in-house and fried, grilled or broiled) and steaks. And Libby makes all of the desserts herself.

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

The running stores, sporting goods stores, and fitness centers featured on this page will give PTC members discounts on certain items, memberships, or services (show your PTC membership card and, if possible, bring a copy of the PTC newsletter). Please give them your business. To add your business to this list, contact Bruce Davis at weatherwizard1@juno.com.

Please support these local businesses during COVID-19.
Some are offering curbside pickup.

Sporting Goods/Running Stores

Bikes Unlimited — 141 Monticello Ave., Williamsburg (229-4620) - 10% discount (restrictions on cycle and exercise equipment).

Colonial Sports — 1303 Jamestown Rd., Suite 111, Williamsburg; (253-0277) - 10% discount.

Point 2 Running — 12080 Jefferson Ave., Ste. 910, Marketplace at Tech Center, Newport News; www.runpoint2.com (223-5000) - 10% off regular price on everything in store (not valid on sale items).

Running Etc. — 1707 Colley Ave., Norfolk; (627-1500); 1940 Laskin Road, Virginia Beach; (491-2340) - 10% discount off regular price on everything in store (not valid on store sale items).

Village Bicycles — 9913 Warwick Blvd., Newport News in Hilton Village; (595-1333) - 15% discount on clothing, nutritional supplies, parts and accessories, including baby joggers and car racks (not good on labor, bikes, or fitness equipment).

Fitness Centers and Services

In Motion Therapy and Sports Performance Clinic — Bon Secours Mary Immaculate Hospital, Newport News; (202-5206) - 10% off all fee-based services.

Iron-Bound Gym — 1228 Richmond Road, Williamsburg; (229-5874) - 10% discount on new memberships.

Peninsula YMCA — 7827 Warwick Blvd., Newport News; (245-0047) and 1320 LaSalle Ave., Hampton; (722-9044) - 50% off application fee.

Performance Chiropractic & Acupuncture — 1307 Jamestown Road, Ste. 103, Williamsburg; (229-4161) Runner's Diagnostic Questionnaire and/or Performance Chiropractic T-shirt for new chiropractic or acupuncture patients.

Riverside Wellness & Fitness Center — 12650 Jefferson Avenue, Newport News; (875-7525) - 50% off the initiation fee.

Tidewater Performance Centers — Newport News; (223-5612) Gloucester; (804-210-1343) Complimentary sports assessment including functional movement screening.

Total Fitness — 6120 Jefferson Ave., Newport News; (827-0629) - 10% off regular membership rates.

Williamsburg Marriott Health & Racquet Club — 50 Kingsmill Road, Williamsburg; (220-2500) - 10% discount on new memberships.

York County Chiropractic — 121-G Grafton Station Lane Yorktown; (989-5393) - 50% off initial visit fee.



Mary's Custom Quilts

Not sure what to do
with those old T-shirts
Recycle Them!!

Recycle them into a NEW custom
Quilt from Mary

(757) 340-7385
Reasonable Rates

MOVING?

If you have recently moved or are planning to move, please be sure to notify the Membership Chair:

Steve Amarillo
clubmembership.ptc@gmail.com

or drop him a note at:
126 Tidal Drive
Newport News, VA
23606

The post office will
NOT forward the
newsletter.

The Last Word

"I WILL HONOUR CHRISTMAS IN MY HEART, AND TRY TO KEEP IT ALL THE YEAR.
I WILL LIVE IN THE PAST, THE PRESENT, AND THE FUTURE.
THE SPIRITS OF ALL THREE SHALL STRIVE WITHIN ME."

— EBENEZER SCROOGE

Peninsula Track Club Membership Application

☐ Membership is for myself ☐ Membership is a gift for: _____

Name: _____ Gender: ☐ M ☐ F New Member ☐ or Renewal ☐

Address: _____ Date of Birth: _____

City/State/Zip: _____ T-shirt size (new members only): ☐ S ☐ M ☐ L ☐ XL

Phone: Home _____ Email _____ (to receive club announcements)

Membership Fees: One-Year Two-Year Three-Year PTC Adopt-a-Family Contribution (optional):\$ _____

Individual ☐ \$20 ☐ \$35 ☐ \$50 Membership Fee: \$ _____

Family ☐ \$25 ☐ \$45 ☐ \$65 Total Amount Enclosed: \$ _____

(Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership)

Gender: Date of Birth:

_____ M F _____

_____ M F _____

_____ M F _____

Send Gift Membership Card to: ☐ address above ☐ this address: _____

Club membership waiver. Please read the following statement and sign below.

I know that running or otherwise participating in a road race or club event is a potentially hazardous activity which could cause injury or death. I understand that I should not enter or participate in club events unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in club events, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in these events, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club events and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Peninsula Track Club, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of these events for any legitimate purpose.

Signature _____ Parent/Guardian (if under 18 years) _____ Date _____

Enclose a self-addressed, stamped envelope and mail to: Steve Amarillo, PTC Membership, 126 Tidal Drive, Newport News, VA 23606



PENINSULA TRACK CLUB
P.O. Box 11116
Newport News, VA 23601

ADDRESS SERVICE REQUESTED

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UPCOMING PTC EVENTS

Because of ongoing restrictions on gatherings due to COVID-19,
all events listed should be considered tentative for the time being.

FEBRUARY

- 6** Run for the Heart 10-Miler (PTCGP & HRSuperGP event)
- 21** PTC Adopt-a-Highway Litter Getter

MARCH

- 13** Fort Eustis 10K Run & Ruck (PTCGP event)

APRIL

- 24-25** Virginia 24-Hour Run

MAY

- 1** Tabb May Day 5K
- 8** Joe & Sue Moore Scholarship 5K



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VIRGINIA BEACH, VA 23454
(757) 491-2340

MON.-FRI. 10-7
SATURDAY 10-5
SUNDAY LONG RUN